

DESCRIPTIONS ONLY

JUNE

C/G?	Date	T/D	Session	Time	Description	Meeting Point
G	24/06/2013	T	Indoor Climbing Taster Session	18:30 - 20:00	Beacon Climbing Centre offers climbing at all levels of difficulty including climbing suitable for small children, so almost anyone can book a Taster Session. During a 1.5 hour Beacon Taster Session, one of our qualified instructors will guide you safely through your first exciting steps off the ground. Indoor climbing provides a really positive, physical and mental workout in an engaging, sociable environment, and we are sure that a Beacon Taster Session will leave you hooked!	Beacon Climbing Centre, Cibyn Industrial Estate, Caernarfon, LL55 2BD
C	25/06/2013	D	Coastal Nordic Walking Technique Class	18:30 - 20:00	Learn the technique of Nordic Walking whilst experiencing the Coastal Path from Rhos on Sea to Llanfairfechan. The session will be fun, friendly and help you gain fitness whilst focussing on technique. All participants will be expected to attend all 5 sessions of around 60-75 minutes. You will be walking at a good pace including some hill work. Sessions provided by a Nordic Walking Instructor.	First session will meet at the play area opposite Rhos point LL28 4NL (following meeting points will be at Llandudno, West Shore, Conwy Quay, Penmaenmawr)
G	26/06/2013	T	Indoor Climbing Taster Session	19:00 - 20:30	Come and challenge yourself on the ropes at Harlech Climbing Wall, the largest and most innovative climbing facility in South Snowdonia! Starting with our 7 metre wall and climbing up towards our 10 metre routes, there is something for everyone, whether you have climbed many times before or if this is your first try at climbing higher than the stairs! Our qualified and enthusiastic instructors will guide you through your climbing experience and tailor make the session especially for you!	The Rock Climbing Wall, Beach Rd, Harlech, LL46 2UG
G	29/06/2013	T	1/2 Day Kayaking Taster Session	09:30 - 12:30 / 13:00 - 16:00	For those wishing to try kayaking for the first time. This is a fun session for everyone, individuals / families / friends. Throughout the session we will look at a variety of strokes allowing you to manoeuvre the kayak in a number of ways, challenge your ability of balance and have some fun seeing what you can do in a kayak.	Llyn Gwynant – no mobile coverage so Bach Ventures 01286 650643 Location: Enter Llyn Gwynant campsite, drive slowly through gate and along road due to campers, parking area just past reception block. Yellow Bach Ventures Van, will be parked by lake side opposite reception.

JULY

C/G?	Date	T/D	Session	Time	Description	Meeting Point
G	01/07/2013	T	Indoor Climbing Taster Session	18:30 - 20:00	Beacon Climbing Centre offers climbing at all levels of difficulty including climbing suitable for small children, so almost anyone can book a Taster Session. During a 1.5 hour Beacon Taster Session, one of our qualified instructors will guide you safely through your first exciting steps off the ground. Indoor climbing provides a really positive, physical and mental workout in an engaging, sociable environment, and we are sure that a Beacon Taster Session will leave you hooked!	Beacon Climbing Centre, Cibyn Industrial Estate, Caernarfon, LL55 2BD
G	03/07/2013	T	Indoor Climbing Taster Session	19:00 - 20:30	Come and challenge yourself on the ropes at Harlech Climbing Wall, the largest and most innovative climbing facility in South Snowdonia! Starting with our 7 metre wall and climbing up towards our 10 metre routes, there is something for everyone, whether you have climbed many times before or if this is your first try at climbing higher than the stairs! Our qualified and enthusiastic instructors will guide you through your climbing experience and tailor make the session especially for you!	The Rock Climbing Wall, Beach Rd, Harlech, LL46 2UG
G	06/07/2013	T	½ day taster - Introduction to Sea Kayaking	09:30 - 12:30 / 13:00 - 16:00	For those wishing to try sea kayaking for the first time. This is a fun session for everyone, individuals / families / friends. You will be introduced to the basic strokes, enabling you to get around. A short journey around the bay may be possible.	Location: From the Abererch Road A497 (driving from Criccieth) coming into Pwllheli take the first left. This goes across the railway line, then turn left into the industrial site (Jewsons etc.). Keep on this road past the turning to Jewsons until you see the numerous parking areas and Pwllheli Sailing Club. Park in the first one closest to the beach. There is a small walk way / slip way down to the beach. Bach Ventures Yellow Van and trailer will either be in the top parking area or down on the beach. Toilets can be found next to the Pwllheli Sailing club buildings.
C	06/07/2013	T	Foraging	09:30	Enjoy this walk as you learn to look at hedgerows and woodlands as a forager. Find out which plants are edible and 'usable' to us as the experts tell you more about them. Families are welcome. Children must be accompanied by a parent or guardian. Part of Conwy Walking Week.	Water Street Car Park, Abergele, LL22 7SH (pay and display)
G	07/07/2013	T	Nature Walk	10:00	A leisualey walk (around 6 miles) down into Maentwrog valley. The journey will be over grass, rock, woodland and open land. Byddych yn derbyn gwylbodaeth am yr natur leol yn yr ardal yn ogystal a hanes lleol yr ardal.	Caffi Llyn Tanugrisiau, LL41 3TW
G	08/07/2013	T	Indoor Climbing Taster Session	18:30 - 20:00	Beacon Climbing Centre offers climbing at all levels of difficulty including climbing suitable for small children, so almost anyone can book a Taster Session. During a 1.5 hour Beacon Taster Session, one of our qualified instructors will guide you safely through your first exciting steps off the ground. Indoor climbing provides a really positive, physical and mental workout in an engaging, sociable environment, and we are sure that a Beacon Taster Session will leave you hooked!	Beacon Climbing Centre, Cibyn Industrial Estate, Caernarfon, LL55 2BD
C	08/07/2013	T	Experience the New Alice Trail, Llandudno	1:15 for 1:30 start – approx 4 hours	Part of the Conwy Walking Week. You will learn all about the connection of Alice Liddell to Llandudno encompassing up to 50 points of interest on the walking route around the resort. The walk will pass all the present sculptures in the town, taking you around iconic view points including happy valley, Haulfre Gardens and West Shore. At the end of the walk an Alice afternoon tea will be provided to all	Llandudno Tourist Information Centre (opposite Marks & Spencer) Mostyn Street, Llandudno, LL30 2RP
C	08/07/2013	T	Night Walk, Llyn Alwen	21:00	Part of Conwy Walking Week. Join us on this unique walk as the sun goes down and darkness creeps across the landscape. Experience how different it is to walk at night rather than in the day. The stars of the night sky will appear (if clear!) and different sounds will attract your attention as you are led on this night time walk. You will get to experience the forest with all of your senses, and connect with the landscape in a new way.	Llyn Alwen Car Park
C	09/07/2013	T	Wild Swim & Walk	1:15 for 1:30pm start	See the mountains of North Wales from a frogs eye view of the world. A gentle stroll to cross over the bubbling waters of the Afon Llugwy and through the woodland until we reach the southern shore of Llynau Mymbyr. There we will change into wetsuits to swim across the lake and continue our circular journey back to the start. Experienced open water swimming guides will ensure everybody is safe and happy. A wonderful introduction to journey swimming in the beautiful waters of North Wales!	Free car park behind Joe Browns shop (SH 720 582) nr Capel Curig
G	10/07/2013	T	Indoor Climbing Taster Session	19:00 - 20:30	Come and challenge yourself on the ropes at Harlech Climbing Wall, the largest and most innovative climbing facility in South Snowdonia! Starting with our 7 metre wall and climbing up towards our 10 metre routes, there is something for everyone, whether you have climbed many times before or if this is your first try at climbing higher than the stairs! Our qualified and enthusiastic instructors will guide you through your climbing experience and tailor make the session especially for you!	The Rock Climbing Wall, Beach Rd, Harlech, LL46 2UG
C	14/07/2013	T	Underground Challenge	11:00 - 16:00	Experience a totally different kind of adventure activity and go underground to explore the abandoned mines of North Wales! Test your nerve by journeying through the mine via a series of exciting adventurous challenges. Try your hand at zip-lining over water or climbing up a near vertical shaft, boat across a lake, traverse over an abyss, abseil down into a chamber and scale a waterfall! We go whatever the weather, no experience is necessary, there's no squeezing through small gaps and activities can be bypassed if preferred.	The Conwy Falls Café, A5, Betws-y-Coed, LL24 0PN
G	15/07/2013	T	Indoor Climbing Taster Session	18:30 - 20:00	Beacon Climbing Centre offers climbing at all levels of difficulty including climbing suitable for small children, so almost anyone can book a Taster Session. During a 1.5 hour Beacon Taster Session, one of our qualified instructors will guide you safely through your first exciting steps off the ground. Indoor climbing provides a really positive, physical and mental workout in an engaging, sociable environment, and we are sure that a Beacon Taster Session will leave you hooked!	Beacon Climbing Centre, Cibyn Industrial Estate, Caernarfon, LL55 2BD
G	17/07/2013	T	Indoor Climbing Taster Session	19:00 - 20:30	Come and challenge yourself on the ropes at Harlech Climbing Wall, the largest and most innovative climbing facility in South Snowdonia! Starting with our 7 metre wall and climbing up towards our 10 metre routes, there is something for everyone, whether you have climbed many times before or if this is your first try at climbing higher than the stairs! Our qualified and enthusiastic instructors will guide you through your climbing experience and tailor make the session especially for you!	The Rock Climbing Wall, Beach Rd, Harlech, LL46 2UG

DESCRIPTIONS ONLY

C	19/07/2013	T	Introduction to Fly Fishing for Trout	10:00 - 16:00	Come along to Tan Y Mynydd Trout Fishery, near Abergele and try your hand at Fly Fishing. Perhaps the most exciting way to catch your supper! Qualified Coaches will be on hand to help you achieve basic competence in fly casting and fly fishing and all that goes with it. We will supply the tackle and necessary materials. The site is well appointed for your enjoyment. We look forward to setting you on a road that could change your life.	Tan y Mynydd Trout Fishery, Lakeside Lodge. Moelfre Nr Abergele, Conwy.LL22 9RF www.tan-y-mynydd.co.uk
G	20/07/2013	T	Mountain Biking Taster for families	10:00 - 12:30	Our 2 ½ hour taster sessions are aimed at would-be mountain-bikers, with little or no experience of off-road riding. By prior arrangement, we can provide rental mountain bikes or you can bring along your own. We'll show you how to set up your bike and, making use of a skills course, we'll get you started with effective operation of the bike and help you develop some basic riding techniques.	Outside the front door of the Coed y Brenin visitors' centre. LL40 2HZ
G	20/07/2013	T	Mountain Biking Taster - 18+	13:00 - 15:30	Our 2 ½ hour taster sessions are aimed at would-be mountain-bikers, with little or no experience of off-road riding. By prior arrangement, we can provide rental mountain bikes or you can bring along your own. We'll show you how to set up your bike and, making use of a skills course, we'll get you started with effective operation of the bike and help you develop some basic riding techniques.	Outside the front door of the Coed y Brenin visitors' centre. LL40 2HZ
G	21/07/2013	T	Camp Craft	10:00 - 15:00	Come and spend a day in the woods at Penrhyn Castle and have a go at building a den and cooking on an open fire. There will be activities for all the family from a mud kitchen for the little ones where they can make lotions and potions, to a den challenge for the whole family to build a den. There will be time to explore the creatures in the wood, to be brave and hold one of them. Enjoy having your lunch round the fire and we will even provide you with some extra cooked treats.	Penrhyn Castle Car Park
G	22/07/2013	T	Indoor Climbing Taster Session	18:30 - 20:00	Beacon Climbing Centre offers climbing at all levels of difficulty including climbing suitable for small children, so almost anyone can book a Taster Session. During a 1.5 hour Beacon Taster Session, one of our qualified instructors will guide you safely through your first exciting steps off the ground. Indoor climbing provides a really positive, physical and mental workout in an engaging, sociable environment, and we are sure that a Beacon Taster Session will leave you hooked!	Beacon Climbing Centre, Cibyn Industrial Estate, Caernarfon, LL55 2BD
C	22-23/7/2013	T	Overnight family canoe/bushcraft adventure	9.00am 22/7- 17.00-23/7	The ultimate family adventure - learning new skills, experiencing exciting new environments, challenging yourself, sharing experiences and memories, whilst having loads of fun!Pack your kit into watertight barrels, and paddle your canoes, passing wildlife, to bivouac overnight by the water's edge. Start a fire using traditional techniques such as bow drills - no matches or lighters. Make a brew using a Kelly Kettle and prepare and cook food in the open. Sit around the fire reminiscing about the day's adventure before retiring to your shelter. The next morning re-pack your canoe and continue on to the finish. Amazing!	Marle Hgall Outdoor Adventure centre, Llandudno Junction LL31 9JA
G	24/07/2013	T	Indoor Climbing Taster Session	19:00 - 20:30	Come and challenge yourself on the ropes at Harlech Climbing Wall, the largest and most innovative climbing facility in South Snowdonia! Starting with our 7 metre wall and climbing up towards our 10 metre routes, there is something for everyone, whether you have climbed many times before or if this is your first try at climbing higher than the stairs! Our qualified and enthusiastic instructors will guide you through your climbing experience and tailor make the session especially for you!	The Rock Climbing Wall, Beach Rd, Harlech, LL46 2UG
C	24/07/2013	T	Snowboard Taster Session	20:00-21:00	Come and try snowboarding, a great opportunity to try snowboarding in a fun and safe environment.	Llandudno Ski Slope Café, LL30 2LR
G	24/07/2013	T	Kayaking Half Day Taster	09.15-12.30 - 10-17yrs 13.30-16.45 - Adults (18yrs+)	On this fun half day taster session you will be introduced to the dynamic sport of kayaking, all under the careful guidance of our fully qualified instructors. During the session you will be taught the basic strokes of paddling and will build your confidence with some fun games and a short journey along the Menai Strait. At the end of the session you will receive a taster certificate and be ready to take your next steps afloat.	Plas Menai National Watersports Centre Caernafon, Gwynedd LL55 1UE
G	28/07/2013	T	Kayaking Taster	09:30	These sessions are aimed at beginners who want to get out on the water. Sessions will take place on the Mawddach at Penmaenpool. Participants should be fit and healthy and confident in the water. Previous kayaking experience is not essential	Car Park of the George III Hotel - Penmaenpool, Dolgellau, Gwynedd LL40 1YD
G	31/07/2013	T	Sailing Taster	09:15 - 17:00	On this fun taster day you will be introduced to the exciting sport of sailing, all under the careful guidance of our fully qualified instructors. During the day you will be taught the basic controls of a boat and learn how to sail across the wind, turn the boat around and how to stop safely. At the end of the day you will receive a taster certificate and be ready to take your next steps afloat.	Plas Menai National Watersports Centre Caernafon, Gwynedd LL55 1UE

AUGUST

C/G?	Date	T/D	Session	Time	Description	Meeting Point
C	01/08/2013	T	Mountain biking beginner half day session	09:00 - 12:30	If you've only ridden a bike on easy terrain before then come and find out what mountain bikes (and the rider!) are capable of. We are surrounded by bike trails in the Gwydir Forest, as well as having our own purpose built skills track in the centre grounds. With the beginner group in the morning we'll get you used to using gears and brakes properly, and moving your body to feel comfortable on relatively simple off road trails before going to explore some straightforward singletrack in the woods.	Nant BH Outdoor Centre, Nant Bwlch yr Hearn, Llanrwst, Conwy, LL27 0JB
C	01/08/2013	T	Mountain biking intermediate half day session	13:00 - 16:00	If you've ridden some simple off road trails, such as blue graded routes at trail centres, or tracks with some simple singletrack then come and find out how to improve your riding. We are surrounded by bike trails in the Gwydir Forest, as well as having our own purpose built skills track in the centre grounds. We will use these to look at the skills needed to control your bike as the singletrack becomes more technical in nature.	Nant BH Outdoor Centre, Nant Bwlch yr Hearn, Llanrwst, Conwy, LL27 0JB
G	02/08/2013	T	Orienteering for the Family	09:30 - 12:30 / 13:15 - 16:30	Come and try orienteering, a very popular activity with all our groups! This is an excellent opportunity to develop map skills as well as take part in an exciting activity with a competitive element, which challenges the mind and body. As you learn to use a map there will be the opportunity to learn how the best possible way to complete the orienteering courses – from beginners to those who are more experienced. All you will need to bring is your eagerness for adventure, and appropriate clothing to spend the day in the great outdoors, what ever the weather. This activity is suitable for young children, youths as well as adults. No previous experience necessary.	Parc Padarn, opposite to the Slate Museum, LL55 4TY
G	03/08/2013	T	Kayaking Taster	09:30	These sessions are aimed at beginners who want to get out on the water. Sessions will take place on the Mawddach at Penmaenpool. Participants should be fit and healthy and confident in the water. Previous kayaking experience is not essential	Car Park of the George III Hotel - Penmaenpool, Dolgellau, Gwynedd LL40 1YD
C	04/08/2013	T	Introduction to Geocaching	10:00 - 14:00	Geocaching is a high tech treasure hunt. Using GPS devices and the internet we will show you how to find hidden caches. This is a fun way of getting kids out into the countryside and teaching them navigation skills and initiative. All kit will be provided.	Conwy Mountain Car Park SH 754 769 Sychnant Pass Maes Parcio Mynydd Conwy SH754 769 http://www.streetmap.co.uk/map.srf?x=275550&y=376897&z=120&sv=275550,376897&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=811&ax=275550&ay=376897&lm=0
C	05/08/2013	D	Paddlesport Development Course - 8 Sessions	Half day session – 9am to 12pm Full day session – 9am to 4.30pm	Over a series of 4 half day and 4 full day sessions we will explore some of the paddling locations in the area, and develop the skills to handle your canoe or kayak in straightforward conditions and basic moving water. By the end of the program you should be able to pass the BCU 1 star award, and will be starting to develop some of the 2 star skills. We will use kayaks and canoes, learning skills in both.	Nant BH Outdoor Centre, Nant Bwlch yr Hearn, Llanrwst, Conwy, LL27 0JB
G	06/08/2013	D	Mountain Biking Development Course - 8 sessions	10:00 - 15:30	This course is aimed at individuals wanting to progress in the sport of mountain biking. We'll show you how to set up your bike and, making use of a skills course, we'll get you started with effective operation of the bike and help you develop some basic riding techniques. The sessions will be hosted in various locations in order to cover different landscapes and develop techniques.	First Session will meet outside the front door of the Coed y Brenin visitors' centre. LL40 2HZ
C	06/08/2013	T	Canoe and Kayak taster half day session 11-17	09:00 - 12:30	Do you fancy a go at Canoeing or kayaking? Come and try one of our half day intro sessions on the lake. You can stick to one type of boat, or have a go in both. Kayak are paddled by only one person and are quite manoeuvrable, whereas the canoes are larger and can have 2 or 3 people in them potentially. As well as learning some basic skills, you'll have chance to explore Llyn Geirionydd in the process.	Nant BH Outdoor Centre, Nant Bwlch yr Hearn, Llanrwst, Conwy, LL27 0JB
C	06/08/2013	T	Canoe and Kayak taster half day session 18+	13:00 - 16:30	Do you fancy a go at Canoeing or kayaking? Come and try one of our half day intro sessions on the lake. You can stick to one type of boat, or have a go in both. Kayak are paddled by only one person and are quite manoeuvrable, whereas the canoes are larger and can have 2 or 3 people in them potentially. As well as learning some basic skills, you'll have chance to explore Llyn Geirionydd in the process.	Nant BH Outdoor Centre, Nant Bwlch yr Hearn, Llanrwst, Conwy, LL27 0JB
C	06/08/2013	T	Indoor climber taster half day session, 18+	09:00 - 12:30	Are you wondering what it's like to climb indoors? With more and more walls available these days why not come and learn the basics so that you can then go to your local wall and know what to do. We'll cover the basics of how to belay each other safely where ropes are already in place. Our wall is fairly easy so we're sure you'll get to the top, but we'll give you the skills to go away and try some harder routes at public walls in the area.	Nant BH Outdoor Centre, Nant Bwlch yr Hearn, Llanrwst, Conwy, LL27 0JB
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G	07/08/2013	T	Windsurfing Taster	09.15-17.00.	On this fun taster day you will be introduced to the exciting sport of windsurfing, all under the careful guidance of our fully qualified instructors. You will be start the day with some fun balancing board games, and will get familiar with the basics of windsurfing using the land simulator, before heading out on the water to try it for real. At the end of the day you will receive a taster certificate and be ready to take your next steps afloat.	Plas Menai National Watersports Centre Caernafon, Gwynedd LL55 1UE
C	10/08/2013	D	2 Day IKO Level 1 and 2 Kite surfing Lessons	TBC	The 2 day beginners IKO Level 1 and 2 kitesurfing lesson are a great way to start your kitesurfing adventure. This course is perfect for anyone new to kitesurfing who wants to learn everything you need to know to become a safe and proficient kitesurfer. The course is great fun and you and your friends will have an awesome weekend. You will learn everything from setting up the kite to putting the board on your feet and attempting your first ride. The Ocean is a great playground. Learn now and spend this year kitesurfing!	Black Rock Sands LL49 9YG. Pass caravan park onto the beach. The lifeguards at the beach entrance will direct everybody to the kitesurfing area
C	13/08/2013	T	Family Adventure Day	09:30 - 17:00	A chance for the whole family to share in an adventure on foot and by boat in the Conwy Valley. You will be challenged and inspired to work together to complete a series of tasks which will involve a journey in a canoe, a gorge walk and some navigation/orienteering. This is your chance to get to know your family members like never before! Suitable for age 8 upwards. All equipment and transport provided.	The Oaklands Centre, Capel Garmon Road, Llanrwst LL26 0SL
G	13/08/2013	T	1/2 Day Kayaking Taster Session	09:30 - 12:30 / 13:00 - 16:00	For those wishing to try kayaking for the first time. This is a fun session for everyone, individuals / families / friends. Throughout the session we will look at a variety of strokes allowing you to maneuver the kayak in a number of ways, challenge your ability of balance and have some fun seeing what you can do in a kayak.	Location: Do not enter village, lagoons are found to the north of the village, go past the signpost for Surf Lines, drive along to end of road and turn right by toilet block. Yellow Bach Ventures Van will be in one of the parking bays by the lagoons.
G	14/08/2013	T	Kayaking Taster	09.15-12.30 - 10-17yrs 13.30-16.45 - Adults (18yrs+)	On this fun half day taster session you will be introduced to the dynamic sport of kayaking, all under the careful guidance of our fully qualified instructors. During the session you will be taught the basic strokes of paddling and will build your confidence with some fun games and a short journey along the Menai Strait. At the end of the session you will receive a taster certificate and be ready to take your next steps afloat.	Plas Menai National Watersports Centre Caernafon, Gwynedd LL55 1UE
G	14/08/2013	T	Sailing Taster 18+	09:15 - 17:00	On this fun taster day you will be introduced to the exciting sport of sailing, all under the careful guidance of our fully qualified instructors. During the day you will be taught the basic controls of a boat and learn how to sail across the wind, turn the boat around and how to stop safely. At the end of the day you will receive a taster certificate and be ready to take your next steps afloat.	Plas Menai National Watersports Centre Caernafon, Gwynedd LL55 1UE
G	15/08/2013	T	Sesiwn Blas Dringo	10:00	A half day taster session to introduce individuals to the exciting sport of climbing	Close to Spar. Market Square, Tremadog, Gwynedd County LL49 9RB
G	16/08/2013	T	Sesiwn Blas Dringo	10:00	A half day taster session to introduce individuals to the exciting sport of climbing	Caban Cyf, Yr Hen Ysgol, Brynrefail, ger Llanberis, LL55 3NR
G	16/08/2013	T	Introduction to Surfing	10:00	The lesson is scripted as 'an introduction to surfing' and is aimed at first timers. Everything from water etiquette to riding waves is covered. The session tis self will be held at Hells Mouth	West Coast Surf Shop, Abersoch, LL53 7 AP
G	16/08/2013	T	Introduction to Surfing	13:00	The lesson is scripted as 'an introduction to surfing' and is aimed at first timers. Everything from water etiquette to riding waves is covered. The session tis self will be held at Hells Mouth	West Coast Surf Shop, Abersoch, LL53 7 AP
G	17/08/2013	T	1/2 day taster - Introduction to Sea Kayaking	09:30 - 12:30 / 13:00 - 16:00	For those wishing to try sea kayaking for the first time. This is a fun session for everyone, individuals / families / friends. You will be introduced to the basic strokes, enabling you to get around. A short journey around the bay may be possible.	Location: From the Abererch Road A497 (driving from Criccieth) coming into Pwllheli take the first left. This goes across the railway line, then turn left into the industrial site (Jewsons etc.). Keep on this road past the turning to Jewsons until you see the numerous parking areas and Pwllheli Sailing Club. Park in the first one closest to the beach. There is a small walk way / slip way down to the beach. Bach Ventures Yellow Van and trailer will either be in the top parking area or down on the beach. Toilets can be found next to the Pwllheli Sailing club buildings.
G	19/08/2013	D	Learn to Sail - Development week	09.15-17.00	Learning to sail is exciting and dynamic. During this course you will see and feel your skills and confidence develop as you become familiar with rigging, launching, sailing and recovering your boat, all under the careful guidance of our fully qualified instructors. By the end of the course you should have achieved the RYA Level 1 and 2 certificate and the Level 3 or be working towards it.	Plas Menai National Watersports Centre Caernafon, Gwynedd LL55 1UE
G	19/08/2013	T	Orienteering for the Family	09:30 - 12:30 / 13:15 - 16:30	Come and try orienteering, a very popular activity with all our groups! This is an excellent opportunity to develop map skills as well as take part in an exciting activity with a competitive element, which challenges the mind and body. As you learn to use a map there will be the opportunity to learn how the best possible way to complete the orienteering courses – from beginners to those who are more experienced. All you will need to bring is your eagerness for adventure, and appropriate clothing to spend the day in the great outdoors, what ever the weather. This activity is suitable for young children, youths as well as adults. No previous experience necessary.	Outside the front door of the Coed y Brenin visitors' centre. LL40 2HZ
G	20/08/2013	T	Mountain Biking Taster for families	10:00 - 12:30	Our 2 ½ hour taster sessions are aimed at would-be mountain-bikers, with little or no experience of off-road riding. By prior arrangement, we can provide rental mountain bikes or you can bring along your own. We'll show you how to set up your bike and, making use of a skills course, we'll get you started with effective operation of the bike and help you develop some basic riding techniques.	Outside the front door of the Coed y Brenin visitors' centre. LL40 2HZ
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C	20/08/2013	T	Basic Coarse fishing for Beginners	10:00 - 13:00	This activity is fun for all the family. Try your hand at Coarse Fishing in well-appointed surroundings in the beautiful Conwy Valley. The sessions are designed for absolute beginners to have a go. Qualified Angling coaches will be on hand to ensure you enjoy yourself. Once you try it, you will be hooked for life!	Conwy Water gardens, Conwy LL32 8TP
C	20/08/2013	T	Basic Coarse fishing for Beginners	14:00 - 17:00	This activity is fun for all the family. Try your hand at Coarse Fishing in well-appointed surroundings in the beautiful Conwy Valley. The sessions are designed for absolute beginners to have a go. Qualified Angling coaches will be on hand to ensure you enjoy yourself. Once you try it, you will be hooked for life!	Conwy Water gardens, Conwy LL32 8TP
C	22/08/2013	T	Outdoor Climbing Day	09:00 - 17:00	A rock climbing adventure - learn new skills, challenge yourself, get some healthy outdoor exercise and have loads of fun. We will spend the day at a real rock face and give you a taste of bouldering, rock climbing and belaying. We will teach you the skills and techniques needed to climb safely and look after each other. There will be climbs suitable for all ability levels. Hopefully there will also be time to abseil back down the rock – a chance to overcome fears whilst getting an adrenalin rush! The only limiting factor will be your determination!	Marle Hall Outdoor Adventure centre, Llandudno Junction LL31 9JA
C	22/08/2013	T	Outdoor Climbing Day	09:00 - 17:00	A rock climbing adventure - learn new skills, challenge yourself, get some healthy outdoor exercise and have loads of fun. We will spend the day at a real rock face and give you a taste of bouldering, rock climbing and belaying. We will teach you the skills and techniques needed to climb safely and look after each other. There will be climbs suitable for all ability levels. Hopefully there will also be time to abseil back down the rock – a chance to overcome fears whilst getting an adrenalin rush! The only limiting factor will be your determination!	Marle Hall Outdoor Adventure centre, Llandudno Junction LL31 9JA
C	23/08/2013	D	Walking Adventures in Natural Snowdonia - 6 sessions	10:00 - 13:00 10am – 1pm (first 4 walks) 10am – 4pm (5th walk) 9am-5pm (last walk)	These developmental walks aim to inspire your interest in the natural world and get you fitter in the process! There is so much right here on our doorstep – we just need to take the first step! We will discover and explore different environments from wild coastlines, to huge waterfalls and ancient woodlands to high mountains. The walks become progressively longer, more remote and involve more climbing. We will finally get to climb to a mountain summit that suits everybody's ability and interest.	First walk will begin at Conwy harbour outside the Liverpool Arms, Lower Gate St, Conwy LL32 8BE. Subsequent walks will have different meeting places
C	27/08/2013	T	Orienteering for the Family	10:00 - 16:00	Come and try orienteering, a very popular activity with all our groups! This is an excellent opportunity to develop map skills as well as take part in an exciting activity with a competitive element, which challenges the mind and body. As you learn to use a map there will be the opportunity to learn how the best possible way to complete the orienteering courses – from beginners to those who are more experienced. All you will need to bring is your eagerness for adventure, and appropriate clothing to spend the day in the great outdoors, what ever the weather. This activity is suitable for young children, youths as well as adults. No previous experience necessary.	Eirias Park, near to the main entrance of the Leisure Centre
C	28/08/2013	D	Snowboard development - 8 Sessions.	20:00-21:00	Come along and learn snowboarding, to a standard where you can go on the snow with confidence. Feel the buzz at Llandudno dry slope and the last session in real snow in Manchester. After this you'll be ready for the Alps.	Llandudno Ski Slope Café, LL30 2LR
C	28/08/2013	T	Gorge Walking	14:00	Gorge Walking is a hugely popular activity due to the fact it can provide challenges for all abilities and is an all weather activity. Gorge Walking involves scrambling, squeezing, swimming and climbing your way up the water course, with a number of thrilling jumps along the way. North Wales Active will offer you a range of challenges throughout the activity which will get you going round, through, under and up the natural features of the gorge.	Car Park opposite the gorge, Afon Ddu, LL32 8JX

DESCRIPTIONS ONLY

G	31/08/2013	D	Climbing Development Course - 8 sessions	09:00	A program of 8 sessions were the aim is to develop the skills of the participants through-out the duration of the program. Participants should be fit and healthy. Having prior experience of climbing is useful but not essential. Equipment will be supplied but please feel free to bring your own if you have it.	Eric Jones Café, Bwlch-y-Moch, Tremadog, Gwynedd, LL49 9SN
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