

BLACK MOUNTAIN ACTIVITIES

JOINING INSTRUCTIONS

Date	Activity chosen	No in Party

Meeting point:- Black Mountain Activities, Three Cocks, Brecon. Tel: 01497 847897. Grid Ref: 168372 (Explorer OL13). Post Code LD3 OSD.

The centre is located on the edge of the village of Three Cocks on the A438 between Brecon & Hay on Wye. If you are travelling east from Brecon head towards Hereford on the A470/A438, the centre is on the left approx' 8 miles east of Brecon, From Hay on Wye (B4350), approx' 6 miles west from Hay on the right. Other nearby towns are Hereford (A438) approx' 25 miles, Abergavenny (A40/A470) approx' 25 Miles. **If you are gorge walking, climbing or caving and travelling on the A470 from Cardiff or the A465 from Swansea, please contact the office for a more suitable meeting point.**

You should arrive at 9.15AM, please report to reception on arrival, once you have signed in you will meet your instructor, who will issue any safety equipment that will be needed for the activity.

If you are running late, please telephone the office on 01497 847897.

Schedule:-

	Start and finish times:-
Full days	9.15AM to 4.30PM.
Half days	Morning 9.15AM to 12.30PM. Afternoon 1.30PM to 4.30PM

NB. Finish times may vary slightly depending on time of year, group size and weather conditions.

Clothing Suggestions:-

What to bring:-

Due to the nature of the activities, each day may involve getting wet and muddy, so please bring a complete change of clothing as well as swimwear and a towel. It is advisable to wear thin layers of clothing rather than thick jumpers etc, this will help regulate your body temperature. Tracksuit bottoms, leggings, fleece jumpers are ideal. **Please do not wear jeans** as they have no insulating qualities when wet. A small day sack for carrying spare clothes and packed lunches, a few plastic bags to throw the wet and muddy things into would be useful. If the weather is good then include, tee shirts, shorts and sun cream, but bring your waterproofs too! **Packed lunches can be pre-ordered with the centre please give at least 24hrs notice, cost £4.75 eh and that all essential water proof camera can be purchased at the centre, cost £8.50eh**

- **Gorge walk** – A complete change of clothing, swimwear, drink, packed lunch, walking boots, waterproofs and a spare jumper. No valuables please. (wetsuits will be provided for the wet gorge)
- **Climbing and abseiling** – Trainers or boots, stretchy trousers, food, drink and waterproofs. No valuables.
- **Canoeing and kayaking** – Swim wear, Trainers, spare jumper, food and drink and waterproofs. **No jeans**. If the weathers good, shorts are fine.
- **Caving** – Complete change of clothing, walking boots or wellies and lunch.
- **White water rafting** – Layers of warm clothing, swim wear, wellies or walking boots. You will get very wet. Don't forget a light lunch and a complete change of clothing.
- **Mountain Biking** – Leggings or tracksuit bottoms ideally walking boots or strong footwear. A waterproof jacket if the weather looks bad.
- **Other activities** - Casual clothing, swim wear, trainers or walking boots and a waterproof. **No Denim**.

Map:-

See map on reverse

Black Mountain Activities Ltd

Three Cocks, Brecon, Powys, LD3 OSD.

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Visit us on the web at www.blackmountain.co.uk

