



## DUKE OF EDINBURGH RESIDENTIALS

As part of your Gold Duke of Edinburgh's Award, you'll need to complete an additional Residential section. This Residential activity can be the most rewarding section of your Gold DofE Award. RAW Adventures offers two different residentials based in Snowdonia, or Eryri, to use its Welsh name. These Residential opportunities focus on a specific activity in countryside and mountainous areas.

We have courses centred around Mountain Adventures and Rock Climbing. They are structured to develop a range of skills, as you undertake a journey of learning, experience and enjoyment! You will be joined by like-minded team members, as well as highly qualified and experienced RAW staff, who are there to support you every step of the way, and to ensure you're able to make the most from your residential week away.

## SNOWDONIA - A 5 DAY COURSE

• **ROCK CLIMBING**  
OR  
• **MOUNTAIN ADVENTURES**

### YOUR ITINERARY

#### DAY 1

**1230** Arrive at accommodation (see below for train station transfer information)  
**1235** Welcome briefing and meet your team  
**1300** Depart for day's activity  
**2000** Return to accommodation  
**2015** Dinner

#### DAY 2-4

**0800** Breakfast and daily briefing  
**0900** Depart accommodation for activities  
**1730** Return to accommodation  
**1800** Dinner  
**1845** Evening activity  
**2100** Activities finished for the day

#### DAY 5

**0800** Breakfast and daily briefing  
**0900** Depart accommodation  
**1515** Activity finishes - return to accommodation for final debrief  
**1600** Course ends - travel home/onwards (train station transfer information below)



RAW Adventures has over ten years company experience, working in mountainous environments, both in the UK and overseas. We are also partners with a number of local conservation charities and have a passion for sharing our interest and knowledge of our natural environment; let's find out more about how important it is to us all, and how we can help care for nature, for the future. We work with experienced and knowledgeable staff, providing best possible experience for you. You'll leave your residential week with increased skills, confidence, lasting memories and new friends.

## TRANSPORT

### YOU ARE RESPONSIBLE FOR TRAVEL TO OUR MEET POINT

If you choose to travel by train and/or coach, we can offer to pick you up from/drop you off at Bangor (Gwynedd) train station. Please make a note on your RAW Booking Form if you'd like a station collection. Please catch a train scheduled to arrive at the following times

Arrival time: before 12:00

Departure time: after 16:30

Lon Dryll Outdoors -

<https://goo.gl/maps/5B9pBPFmeFzQfTaV6>

## ACCOMMODATION

The venue is a hostel: sleeping will be in male or female dorm style rooms. The venue has toilets, hot individual showers, a large kitchen, dining area and sitting areas for relaxation and evening activities. In addition, the venue has free WiFi and good phone signal. The venue has some great outdoor space, with amazing views - perfect for some relaxing outside if it's sunny!

## FOOD

RAW Adventures will provide your food for the whole week (except for lunch on your arrival day - please bring a packed lunch for Day 1). We'll provide the ingredients for you to prepare your own meals. The ingredients supplied will include sufficient snacks for the week, although feel free to bring your favourite items to supplement this. If you have any dietary requirements please note them on your RAW Booking Form, and please contact us if you'd like to discuss these further.

## WEATHER

### BE PREPARED TO EXPERIENCE A VARIETY OF WEATHER CONDITIONS

At any time of year rain is a distinct possibility, and it can be very cold on the mountain tops in Snowdonia. Pack spare layers and be ready for anything! We will adjust our plans to take any adverse weather conditions into account. Activity in mountainous terrain can be potentially hazardous.

## DATES AND PRICES

**1-5TH AUG 2022**

**15-19TH AUG 2022**

Rock Climbing	£545 per person
Mountain Adventures	£515 per person

You can book online for any RAW Adventures or events here.

[RAW Adventures Online Booking](#)

[RAW Adventures Booking Terms and Conditions](#)





## ROCK CLIMBING RESIDENTIAL DETAILS

### INCLUDING ROCK SKILLS INTERMEDIATE COURSE

This intensive week of training and instruction is intended for those who have a little climbing experience and are keen to learn more. Whether you've climbed indoors or outside before, as long as you can belay safely, this exciting residential is for you! We will maximise your learning by keeping your activity groups small, giving you plenty of contact with your climbing instructor.

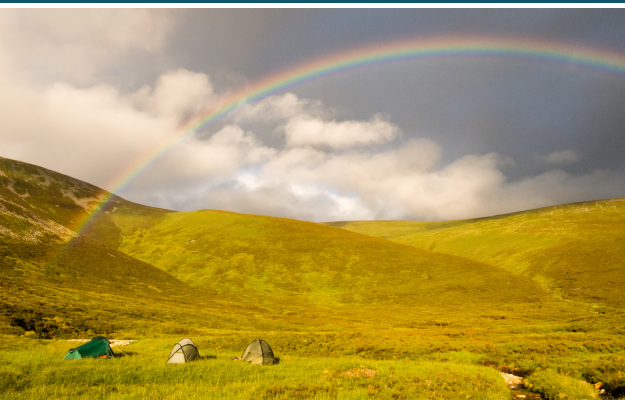
We start the course with a 2 day [Rock Skills Intermediate](#) course - a nationally recognised personal skills scheme run by [Mountain Training](#). Our aim is to enable you to enjoy rock climbing under your own steam at a suitable crag, using traditional protection. We'll add in a day in the high mountains, which will introduce a good skill set for reaching more remote crags, before returning back to rock climbing, perhaps for a taste of sea-cliff climbing (depending on weather, tides, etc).

Finally, we'll spend the last day looking at personal development and how to move forward with your personal rock climbing skills in the future.

The cost of the residential includes all food, accommodation, registration fees and transport during the week.







## MOUNTAIN ADVENTURES RESIDENTIAL DETAILS

*INCLUDING MOUNTAIN SKILLS AND ROCK SKILLS INTRODUCTION COURSE*



This Gold DofE residential is designed for anyone who loves the mountain environment. Whether you're already enjoying time in the hills, or if heading out into the mountains is fairly new to you, come and join us for a week of learning and fun!

This special residential week will consist of 5 activity days, with all food, accommodation, Mountain Training registration fees and transport during the week included. With a maximum of 6 participants in each group, you'll receive a wealth of experience to help you on your way to completing your Mountain Skills course – a 2 day nationally recognised personal skills scheme run by Mountain Training.

We'll also complete a 1 day Rock Skills Introduction course, before finishing the week with a 2 day/1 night journey into some more remote parts of Snowdonia, putting all your mountain skills into practice: a true personal adventure.

This unique Mountain Adventures Residential, will give you the confidence to take yourself on a mountain adventure anywhere in the UK, with skills to increase your personal safety and maximise enjoyment.

The cost of the residential includes all food, accommodation, registration fees and transport during the week.





## SAFETY & WELFARE

Certain minor injuries are commonly associated with outdoor adventures and activities, and are sometimes unavoidable: blisters, twisted ankles and minor grazes etc. Please ensure you have all the required equipment as specified in the Kit List: this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your well experienced and qualified RAW staff will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.

Before your course starts, do consider whether it will be comfortable to travel early that morning. And the same applies after your finish your week's activities. There will be some long activity days during the week, so please consider the safest and most comfortable way to travel to and from Snowdonia. It may be worth staying in the area an extra night after the course finishes, and think about travelling by public transport - which is better for the environment, too!

## BOOKING FORMS AND MOUNTAIN TRAINING

For the Mountain Adventures and Rock Climbing residential weeks, we will need to open up a Mountain Training candidate account for you to register for the Mountain Skills or Rock Skills schemes. This is a simple process and RAW Adventures will include any registration fees payable in our Residential costs, so you don't have to pay anything direct to Mountain Training or faff about making an account - simple!

## HEATH AND FITNESS

To enjoy and make the most of these residential weeks you need to be in good physical condition - able to withstand sustained activity over a number of hours, including some steep ascents and descents on the mountain days. We will cover high level terrain which is rocky and uneven underfoot at times. A sense of humour to cope with any adverse weather conditions is also quite beneficial! If you are not already actively walking, running, swimming or cycling at least 3 x times/ week you will need to build up general good fitness to fully enjoy these courses. And please do include 'hills' in any training you do - Snowdonia is not flat! Your muscles and heart need to be used to 'getting out of breath' and working hard at times. The Environmental Conservation course doesn't require as high a level of fitness, though it'll certainly still help with the physical sessions and long days.

Please contact us to discuss any personal issues about fitness and medical conditions prior to the course. We need to know about pre-existing medical conditions and anything that occurs after completing our RAW Booking Form.



## KIT LIST

### EQUIPMENT

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles – optional but highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit – personal blister protection /Compeed, ibuprofen/painkillers, plasters		
Headtorch		
Drybags or plastic bags for waterproofing kit		
Pen and Notebook		
Sufficient clothes/toiletries for 5 days		
Towel		
Any rock climbing kit you have (Harness, helmet, etc) – we can loan these if needed		

### FOOD / DRINK

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Box for Packed Lunch		
Any special dietary foods or extra snacks		
Plastic bag to take your rubbish home		

### CLOTHING

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

### FOOTWEAR

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks + spare pair		
Rock Climbing shoes ( <b>essential for Climbing course</b> , optional for Mountain Adventures)		

### EXTRA KIT FOR MOUNTAIN ADVENTURES COURSE ONLY

Item required	Got	Packed
Sleeping Bag		
Sleeping Mat		
OL17 1:25k map and compass – if you have them – we can loan these if needed		
Expedition rucksack (60-70 litres)		
Any other expedition kit – think about the kit list from your DoE expedition!		

