

Hi Gary & Judith,

We hope you are looking forward to your walk as much as we are. Please read this carefully as it contains essential information.

**There is no phone signal at the car park.**

### **Kit List**

Here is the Kit List for the walk. It is separated into 'Essential Items' and 'Recommended Items'. **Your safety is paramount and for this reason, each participant has to bring the 'Essential Items'.** You will be unable to participate if you don't have these with no exceptions. Please feel free to contact us by email or phone if you have any questions. The Recommended Items listed are for your additional comfort and are left to your discretion

#### **Essential Items**

- **Walking boots** (or robust trekking shoes with good tread depth. No trainers!)
- **Waterproof Jacket**
- **Rucksack**
- **Rucksack liner** (or plastic bag to keep your things dry)
- **Suitable walking clothes** (Not Jeans! Items that are warm and dry quickly are perfect. Trousers are highly recommended over shorts)
- **Extra warm layer(s)**
- **Warm Hat and gloves**
- **Food** (a packed lunch and high-calorie snacks)
- **Water** (1.5 - 2 litres)
- **Personal medication** (Blister plasters and painkillers are recommended)

#### **Recommended Items**

- Spare gloves
- Mobile Phone (in waterproof case or bag)
- Waterproof trousers
- Walking trousers
- Walking pole(s)
- Suncream
- Toilet paper (& a bag to dispose of it in)
- Anything else you feel like you need

The instructor will be taking additional equipment such as a map and compass.

## Medical Conditions

If you have any medical conditions that you haven't already told us about, then please let us know. If you develop any medical conditions in the meantime, are injured or feeling unwell, then please let us know by email or let the instructor on the day know.

## Where and when to meet

Your Instructor (Aled) will meet you at the **front entrance of the Golden Fleece Inn, Porthmadog at 09:00 am on Thu 1st May.** <https://maps.app.goo.gl/PuaJjYDMMp8HNdjR8>  
From here you will drive around 50 mins in your own car to **Dol Idris Pay & Display car park**, Tywyn, LL36 9AJ, meeting your instructor (again) at the car park.  
<https://maps.app.goo.gl/rZjEs4k3n9zrrNTc7>

There is a small building with bathrooms inside at the back of the car park. Your instructor will meet you outside the building.



## Parking

Dol Idris Pay & Display car park, Tywyn, LL36 9AJ

Google Pin...

<https://maps.app.goo.gl/k8ie1BXUBotebovv7>

## **Directions**

The car park is clearly marked and is right next to the B4405 and A487 junction.

## **Estimated Event Itinerary**

Please be aware that these times are estimated and the walk may take more or less time than specified.

**09:00** - Meet Instructor. Welcome briefing and kit check **09:05** - Onward travel to Cadair Idris

**10:00** - Start Walk

**14:30** - Summit Penygadair (Cadair Idris)

**17:00** - Complete walk

In the meantime you might want to take a look at our informative blog...

<https://www.walksnowdonia.co.uk/blog>

Please let us know if you have any questions.

We look forward to seeing you soon.