



Duke of Edinburgh Residentials

OVERVIEW

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 three 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

DUKE OF EDINBURGH RESIDENTIALS

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, and here are some useful train times to book:

27 July Arrival time: 12:04

31 July Departure time: 16:17

Old School Lodge -

<https://goo.gl/maps/MqUMZob7TYQqB1yv5>

Accommodation

The venue is a bunkhouse: sleeping will be in male or female dorm style rooms, with 3 - 6 beds each. You will need a sleeping bag, but pillows are provided. Both venues have male/female toilets, hot individual showers, a large kitchen, dining area and sitting areas for relaxation and evening activities. In addition, both venues have free WiFi, good phone signal and ample car parking for anyone choosing to drive. Each venue has some great outdoor space, also - 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). Included food will consist of an evening meal prepared by a professional caterer and a self-service style breakfast and lunch each day. We will also provide sufficient snacks during the day, 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

27 - 31ST JULY 2020

ROCK CLIMBING £595 PER PERSON

MOUNTAIN ADVENTURES £495 PER PERSON

You can book online for any of our RAW Adventures or Climb Snowdon 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, 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 for a taste of sea-cliff climbing.

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.



	Day 1	Day 2	Day 3	Day 4	Day 5
Morning	Arrive	Rock skills intermediate	DMM Tour - - - - Mountain scramble day	Personal Development	Learn to lead cont.
Afternoon	Rock Skills intermediate				
Evening			Mountain navigation/planning	Conflicts and conservation in the mountains	Rest

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.

	Day 1	Day 2	Day 3	Day 4	Day 5
morning	Arrive	Mountain skills	Rock Skills Intro		Expedition
afternoon					
evening	Mountain Skills	Exped skills	Conflicts and conservation in the mountains	Expedition	Depart



Safety

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

Choose which residential course and date you would like to book and complete our online RAW Booking Form.

For the Mountain Adventures and Rock Climbing residential weeks, you will need to open up a Mountain Training candidate account, so register for the Mountain Skills or Rock Skills personal skills scheme. This is a simple process and we can assist you when applicable. RAW Adventures will include any registration fees payable in our Residential costs, so you don't have to pay anything direct to Mountain Training - simple! Please contact us for more information.

Kit List

Rucksack -at least 25 litres
Rucksack liner (or bin bag) -to keep rain out!
Sturdy, comfy walking boots with ankle support
Thick walking socks (and liner socks if needed)
Base Layer/T-shirt (not cotton)
Walking trousers (not jeans)
Fleece layer/Jacket
Spare warm layer in rucksack
Waterproof Jacket -essential
Waterproof Trousers -essential
Warm Hat -essential
Warm Gloves -essential
Headtorch
2 x 1 litre Water Bottles/2 x litre Bladder
Box for Pack Lunch/extra juice drinks
Trekking Poles (highly recommended)
Camera
Suncream/Sunglasses/Sun Hat
Mobile Phone in sealed plastic bag
Sandwich Bags for sealing articles
First Aid Kit -personal blister protection, Compeed, Ibruprofen/painkillers, plasters
Pen & Notebook
Sleeping Bag
Pillow
Sufficient clothes/toiletries for 5 days
Towel

In addition to this, if you're on either the Rock Climbing or Mountain Activities courses, you may already possess some personal climbing kit - if so, please to bring this also. If you don't already own any, don't worry as we can loan/hire most things for you. Again, please get in touch for more information on borrowing/hiring kit. For example, rock shoe hire for the full week is £15.

Health 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.

