



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

**ARTHOG YOUR
QUICK GUIDE**



TIME FOR
ADVENTURE
OUT OF
SCHOOL



Climb to new heights!



Have an adventure - feel great



Adventure time



**SNOWDONIA NATIONAL PARK
IN WALES**



WHAT IS ARTHOG AND WHAT ACTIVITIES WILL I DO?

Arthog is in Wales, it is in the Snowdonia National park overlooking the sea. Your trip includes sleeping in our dorms on bunk beds.

During your trip there are a variety of activities you will take part in from gorge walking, mountain climbing, surfing, canoeing, rock climbing/scrambling, team building games and orienteering.



GORGE WALKING

Climbing a rocky mountain stream, full of rapids and waterfalls.



MOUNTAIN CLIMBING

The joy of reaching the very top of mountains.



SURFING

Riding the waves towards the shore while balancing on a surfboard.



CANOEING AND KAYAKING

Paddling your own boat and playing games on water.



MINING

Exploring hidden passages and chambers by torchlight.

PLUS MANY MORE EXCITING ACTIVITIES

PACKING YOUR OWN BAG



By packing your own bag you will be able to look after your things better.



Packing your bag



Making your bed

When you stay over you will need to make your own bed.

BE PREPARED

Practice making your own bed at home before you come.



YOUR KIT LIST



- Vests and T-shirts
- Sweatshirts /jumpers and fleeces
- Joggers/trousers
- Comfortable clothes (that you don't mind getting muddy)
- Hats and gloves
- Wash kit
- Wellies
- Nightwear
- Swimwear
- A drinks bottle
- Lots and lots of socks
- Bottom sheet, duvet cover and pillowcase
- Sun cream and a sunhat
- Packed lunch - for Day 1 (avoid bringing lunchboxes)
- Tuck shop money (Up to about £10, coins please)





ARTHOG WALES ENJOY YOUR STAY

During your visit at Arthog, you will be enjoying our delicious and nutritious food choices to give you the energy for your busy day ahead, from cooked breakfasts, to roast dinners and yummy packed lunches.

WHERE WE ARE...



We are near Barmouth beach



We look forward to seeing you



For further information please visit
www.arthog.co.uk



Enjoy good food