

Walkfree
Breakfree 
"outdoor activities for all"



Club Experience: A Weekend Walking Break in the Brecon Beacons

Friday 24th to Sunday 26th February 2012

Options galore including mountain or low level walks – A Free Navigation Course – or as an optional extra a full days pony trekking on Saturday direct from our accommodation

Simply Great Outdoor Fun in the lovely Brecon Beacon Mountains of South Wales and with an excellent dinner on Saturday evening and spirit to match this will be a lovely start to our 2012 walking programme.



Booking Information & Form

On our Walkfree Breakfree weekends we seek whenever possible remoteness, the lure of hills, trails and paths to suit all abilities, places of culture and history and a destination that can enable us to escape for a short while from the stress of work and enjoy the social fun and community we all crave.

Staying in the independent bunkhouse at Cantref Farm delivers just that and we are close to the central Beacons and the town of Brecon itself. During this weekend you have choices galore - an opportunity to yomp across the Brecon Mountains; or to enjoy a low level walk country walk; alternatively participate in a free introduction to navigation which is based on the NNAS (National Navigation Award Scheme) Bronze course which we will be delivering during 2012 in the Chilterns. Join this pilot course for free – it will get you heading in the right directions and this time round round no assessment to worry about!



Footsore – no worries just Breakfree and enjoy an optional pony trekking day in the beautiful countryside direct from this unique destination – its different – it's fun – and outdoor magic too.

With free minibus transport from High Wycombe (and pick up points where practical on route) this is a hassle free, inclusive weekend where from the moment we set out the fun and

adventure starts.

For this club experience weekend we will be staying in the very well equipped and comfortable Cantref hostel situated in the very heart of the Brecon Beacons National Park two miles east of Brecon near the village of Llanfrynach (grid reference 057 258). The Cantref Farm and Adventure Park is a splendid clubhouse partner offering the facilities and comfort ideal for walking groups such



as ours. With a large number of rooms available we will be able to offer a number of twin rooms to couples and other shared rooms (allocated by gender or to individual groups by request) will have a maximum of three/four persons sharing. With dining room and lounge space available on the Saturday evening we will enjoy an excellent steak dinner.

If you wish to enjoy higher levels of privacy and have independent transport available Guest House accommodation at additional cost is readily available in Brecon with packed lunch and evening meals available with the

group (if you tick the booking form I will make contact to discuss arrangements).

Our Destination



The Brecon Beacon National Park has clearly defined boundaries despite a basic similarity and uniformity of geology. Each of the four ranges that constitute the Brecon Beacons has its own characteristics. The Black Mountains, the bulk of which lie to the west of the Wye and north of the Usk with a few detached “outliers” around Abergavenny, comprise a series of long ridges separating narrow, quiet and still remote valleys. In the central Beacons a steep escarpment rises above the Usk

valley to a collection of smooth, rounded summits, the highest in the national park and including Pen-y-Fan (886m), the highest point not only in south Wales but the whole of southern Britain. Fforest Fayr, the great Forest of Brecknock" was once a royal hunting ground, a bare asture, lonely moorland area that lies between the upper reaches of the Taff to the east and the Tawe to the west. In the far west is the wildest and the most remote part of the national park, the Black Mountain, brooded over by the the bold and unmistakable profile of Carmarthen Fans, Bannau Sir Gaer and Fan Brycheinog.

The Brecon Beacons National Park has much to offer walkers, marvellous scenic attractions, mountain challenges and access to open hillside and moorland. As they are smooth and rounded they do not look as formidable or daunting as the mountains of Snowdonia, the Lake District or the Scottish highlands. Do not be fooled – as we have experienced previously these are true mountains with areas of genuine wilderness and remoteness and yet so easily accessible for those living in southern Britain.



Choices.. choices.. choices and too much for one short weekend. As always this will be a weekend to relish, excellent walks, scenery and fun, a short early winter break offering something for almost everyone. With Walkfree Breakfree – we promise to change your views – to get you outdoors and on this weekend break we will achieve that and much more.

At £135 per person for shared rooms, (a number of twins are available) inclusive of accommodation, breakfasts, packed lunches, walks with voluntary walk leaders or independent walking, and a festive dinner on Saturday. This club experience weekend offers us an exceptional destination, exciting and memorable experiences and simply great value for money.

Free Minibus transport is available direct from High Wycombe and pick up points on route where practical.

Full payment is required on booking £135 per person –by internet banking, cheque to Walkfree Breakfree Ltd or credit card payment can be accepted on a secure website link. Should you wish to partake in pony trekking that is an independent, direct contractual arrangement between participants and Cantfef Farm. However I will pass on your booking details and you simply pay direct to the farm.

Bookings are now being taken so time to take action and arrange a well deserved late winter walking break and enjoy a weekend of walks, stunning views, fun and socialising.

Our Aims & Itinerary

Our Club Experience aim as always is to have a very enjoyable and social weekend break where we can enjoy walks, good food and great company in a pleasant location. It is really simple to enjoy walking in the Brecon Beacons National Park and on this trip we can walk in groups with voluntary walk leaders undertaking differing distances or simply stroll out individually. With the availability of our own minibus we will plan pick up points and options to visit places of interest and some walks can easily be extended by individuals should they wish to walk extra miles.



Our base at Cantref Farm offers walks direct from our doorstep and you can easily explore the area if you prefer independent walking. As always our number one priority on all trips is to have fun and relax and if

you want to do your own thing, be a tourist – and not even put on a pair of walking boots – just enjoy the food, the fun and companionship - that is fine.

For those of you who have not yet been on one of our residential club weekends and perhaps are a little wary of walking in groups I can assure you we welcome new members and encourage you to achieve that little bit more in respect of walking (pace will be adjusted to suit). So please, take this opportunity to join us, and remember if you have any concerns or general questions please do not hesitate to contact me. I am available on 07889 165278 or email me iain@walkfreebreakfree.co.uk

Just let me know if you require information for example on group walking, walking equipment or clothing or wish to view our picture gallery.

Below is a few web links offering information on the area:

<http://www.breconbeacons.org/>

<http://www.visit-brecon-beacons.co.uk/visitor-attractions.shtml>



Friday 24th February 2012

5 .30pm If travelling by minibus we depart from High Wycombe (additional pick up points to be agreed and confirmed with participants)

9.30pm Approximate arrival at Cantref Farm

On arrival we will enjoy a snack meal of home-made soup, bread and a selection of cheese/pate and oatcakes and a glass of wine or beer.

NOTE: If we have sufficient numbers I plan to take two vehicles and it may be possible for one vehicle to depart at 2pm – if you are interested in joining the earlier vehicle please note on your the booking form.

Saturday 25th February 2012

8.15am Breakfast & packed lunch

9.30am approx Depart for walks/activities with packed lunch

4.00/5pm Return to Cantref Farm for tea & cakes

8.00pm **Dinner**

Sunday 26th February 2012

8.15am Breakfast & packed lunch

9.30 am approx Load luggage onto vehicles and depart for walks/activities with packed lunch

4.00 Depart Brecon Beacon National Park

8.00pm Return to High Wycombe

Please note all times are advisory only and as you are aware can be influenced by weather, traffic conditions and other eventualities!

Our Club House Accommodation Partner: The Cantref Farm Bunk House and Adventure Park

Cantref Farm is our exclusive clubhouse partner for the weekend and is situated in a remote location which allows direct access to the central Beacons; it offers us excellent location and facilities for a value for money weekend break. For those of you who may not have been on one of our club experience weekends – this venue offers a great introduction. Of course rooms are shared, but we have space to spread out and enjoy the ambience and facilities of the house and the social space we need to deliver our club experience ambience – in essence a ski chalet style of service delivery but without the snow!



Full details on the accommodation including descriptions are available on the Cantref Farm website www.cantrefarm.com and I would encourage you to read this carefully prior to booking.

Please note sleeping bags and pillowcase required but pillows and under sheets are provided and do remember your towel, suitable outdoor clothing and as usual during our club trips help will be required with chores and feel free to bring along a bottle of wine or a few beers for the communal dining table. All meals except when travelling is included in the price.

Travel Arrangements

In accordance with our green travel policy we offer free travel by minibus direct from High Wycombe or pickup from stops on route (if practical) to Cantref Farm.

Address

Cantref Adventure Farm, Riding Centre & Bunkhouse Accommodation
Cantref
Brecon
Powys
LD3 8LR **Tel No 01874 665223**

Note: For emergency contact number please use my mobile 07889 165278

Directions:

From Brecon, take the A40 to Abergavenny and take the first left turning following the brown tourism signs. **DO NOT FOLLOW SAT NAV!**

MENUS

Breakfast Porridge, home-made muesli and a selection of cereals

Orange/Apple Juice & Boiled eggs

Toast with jam/marmalade/butter

Tea/Coffee

Packed Lunch (Saturday & Sunday)

Sandwich

Chocolate Biscuit

Bag of crisps

Piece of fruit

Tea & coffee available for your flasks

Friday 24th February

A simple snack meal on arrival: Home-made soup, bread, nuts, crisps, cheese/pate and oatcakes and a glass of wine or beer.

Saturday 25th February

Dinner Menu

Wild Mushroom & Marsala Soup

(A rich and creamy wild mushroom soup with a splash of Marsala wine, served with Mediterranean herb flavoured croutons and a swirl of cream)

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Roasted Atlantic Salmon with asparagus mash and lemon butter sauce

Or

Ginger Beer-Battered Stuffed Tofu with Asian Mushy Peas

A selection of seasonal Vegetables

*

Home Made Lemon Tart

Chocolate Jaffa crème Brulee

*

Cheeseboard, Coffee & mints

Note: The above menu is subject to availability of ingredients and may be changed a little – as usual during our club trips help will be required with chores and do feel free to bring along a bottle of wine or a few beers for the communal dining table.

Walking Routes & Optional Activities

Give our location with the central Brecon peaks on our door step we will enjoy a high level mountain walk almost directly from the bunkhouse on the Saturday morning to enjoy these very commanding central peaks or alternatively a lovely moderate low level country walk is available.

On Sunday we will all head towards Ystradfellte to enjoy a fantastic waterfalls walk experience!



Our walks as always will be dependent upon weather conditions, availability of volunteer walk leaders and possibly minibus drivers.

The routes we hope to take (subject to weather conditions) this club experience weekend will once again be the usual mix of the spectacular and breathtaking but will be confirmed at the start of the weekend so that we can consider the weather conditions and availability of walk leaders. The number of walks offered will be subject to availability of voluntary walk leaders and numbers on each walk may be determined by minibus capacity. The suggestions below therefore are an indicative guide only and may be subject to change.

Saturday 25th & 26th February:

OPTIONAL FREE OFFER: Introduction to Navigation (available on this weekend only)

An optional extra during this weekend at no extra cost is an opportunity to participate in an Introduction to Navigation. This will be a taster for the bronze and silver National Navigation Award Scheme (NNAS) courses that Walkfree Breakfree will be offering during 2012 but on this weekend no assessment and hence formal award will take place.

During the weekend the navigation exercises you will participate in and advice offered will provide an excellent platform for the formal courses to be offered during 2012. Importantly it will begin the process to enable you to break free and independently enjoy the moors, hills and mountains of our truly magical isles.

As a business that has emerged from a university background I can assure you helping others to break free participate and personally engage with the countryside are a business ethos and personal commitment.

The Introduction to Navigation programme will cover the planning and undertaking of simple walks in the countryside mainly on paths and tracks and will include indoor theoretical and outdoor practical sessions. The weather conditions during the weekend will dictate the balance. Topics will include:

- The map as a two dimensional plan.
- Map symbols and scales
- Grid references

- Orientate a map with and without a compass
- Use an orientated map to identify land features and indicate direction of travel
- Chose simple navigation strategies and routes
- Use linear features (e.g. paths and tracks) as handrails in simple navigation exercises
- Estimate distance on map and ground
- Basic understanding of contours, be able to match landforms like hills and valleys to the map
- Procedures to be followed in the event of an emergency

Take a Walk

Walking remains one of the best means of seeing and interacting with a culture. No boundaries exist, other than the ones that you set for yourself. In the tourist world of packaged tours, seen through closed windows of air conditioned buses, with carefully prepared cultural events, performed daily for tourists, directed through the conscientious efforts of hired guides, the genuine "travel experiences" becomes increasingly rare. But setting out on foot, on your own, is usually all it takes to uncover the sought-after glimpse of life as lived in a strange place.

Joel Simon, "LOST and FOUND"

Saturday 25th February Only: Pony Trekking Day

Cantref Farm offers a great location for pony trekking and a full days trek is available on Saturday with a discount for those staying at Cantref. Pony trekking and riding in the Brecon Beacons can be enjoyed at all levels from beginners to experienced enthusiasts. The smooth rounded hills and moor land, mostly devoid of the rocky gullies and crags that mar other mountain ranges, make the Brecon Beacons an ideal area for pony trekking. Ancient bridleways climb relatively easily into the heights of the mountains, providing riders with an excellent choice of scenic trails to follow and acres of space for an exhilarating gallop.



Please note should you partake in pony trekking that is an independent, direct contractual arrangement between participants and Cantref Farm. However I will pass on your booking details and you pay direct to the farm.

Walking Routes: Saturday 25th February

Give our location with the central Brecon Beacon peaks on our door step we will walk directly from the bunkhouse on the Saturday morning to enjoy those very commanding central peaks or alternatively a low level walk to enjoy the lovely countryside alongside the Brecon & Monmouthshire canal and River Usk.

The walks below are suggestions and walks chosen during this weekend as always will be dependent upon weather conditions, availability of volunteer walk leaders and minibus drivers. Should weather conditions be particularly severe please note only low level walking may be possible.

Option A) High Level Walk (Strenuous: Max Length 9 miles Height Gain 925m Height Descent 1025m)

Given shortage of day light hours you will be dropped off by minibus to make an approach along the blunt but airy ridge of Cefn Cwm Llwh, the most rewarding way onto the highest ground of southern Britain. From a distance the twin peaks look inviting, almost spurring you along the broad grassy ridge; but, as you near the final steep northern arête of Pen y Fan, you start to see a different façade. Suddenly you get very intimate with the mighty north-east face, a craggy and precipitous slope that plummets over 400m from the tabletop summit to the floor of the beautiful Cwm Sere below. It's from this viewpoint that the Brecon Brecons are at their most formidable. We can then proceed east along the high ridges of Brecon Beacons to Cribyn and onto Fan y Big before descending via Cefn Cyft and return to Cantref Farm. Should conditions be difficult we have the option of returning via Bryn Teg.

Option B) Low level country Walk (Moderate)



A pleasant 9.5 mile walk on mainly level terrain on footpaths or quiet country lanes with a few gradients this walk starts direct from Cantref Farm through fields to the 13th century Llanfeugan church high above Pencelli before descending down to the village of Pencilli. The church is dedicated to St Meugan, who was a larger than life character, said to have been a poet and the wizard Merlin's teacher. The huge yew trees in the churchyard are well over 2,000 years old and probably planted here by druids. We then follow the Brecon and Monmouthshire Canal tow path and River Usk to the market town of Brecon enjoying some breath taking scenery of the Brecon Beacons National Park on the route. You will have an opportunity to browse the shops in the town before being picked up by minibus in Brecon - although should you wish it is possible to walk back to Our Club House at Cantref Farm (an additional 2.5 miles)

Sunday 26th February

On Sunday after breakfast we will load the minibuses and drive south west across Forest Fawr towards Ystradfellte and our start point of Porth yr Ogof for us all to enjoy a fabulous waterfalls walk. Porth yr Ogof a huge cave entrance is well worth a view as it is here the River Mellte disappears underground to emerge 400 metres to the south. On this walk weather conditions permitting you will have an exciting opportunity to walk behind the great sheet of water at Sgwd yr Eira – an unforgettable last of the Mohicans experience!

Two walking options will be available a circular walk of 4 miles or a linear walk of just under 7 miles to the village of Pontneddfechan – but note crossing behind the waterfall is a compulsory component of the longer walk. A moderate walk with a number of short ascents and



descents – some slippery rocks and mud terrain but if we take our time and watch our steps, this is a walk that can be enjoyed by all.

NOTE:

- a) As mentioned above the routes we hope to take (subject to weather conditions) this club experience weekend will once again be the usual mix of the spectacular and breathtaking but will be confirmed at the start of the weekend so that we can consider the weather conditions and availability of walk leaders. The number of walks offered will be subject to availability of voluntary walk leaders and numbers on each walk may be determined by minibus capacity. The suggestions therefore are an indicative guide only and may be subject to change.
- b) It is important to be fully equipped to ensure your comfort with boots, gloves, hats, layered clothing and waterproof outdoor wear being essential items – if in doubt please do not hesitate to contact me for advice.

Walkfree Breakfree Club Experience: Information for New Members

Club Experience – We truly welcome new members who seek to participate and enjoy our programme of weekend walks and share the fun and social experiences of our group. Community, support and encouraging participation at every level, for groups, singles and couples of all ages is at the heart of our company ethos. Every new member strengthens and improves the social experience for all so don't delay – do join us.

Offering fantastic value our cheap weekend accommodation, walks and activities will enable you to get outdoors more often or help you make that new start you promised.



Outdoor activities for all”

Club Experience: Booking Information & Form – to be completed by all participants

Please return to: Iain Thomson

Walkfree Breakfree Ltd , 34 Sunnybank, Widmer End, High Wycombe, Bucks, HP15 6PA

or email to iain@walkfreebreakfree.co.uk

Dates :	Friday 24 th to Sunday 26 th February 2012
Event/trip	BRECON 2012
Name of person booking (group leader)	
E Mail address (group leader)	
Address	
Home Tel No	

Mobile No	
Emergency contact information to be used in the event of an emergency arising during the trip:	
Name	
contact number	

Names of others in group

<i>Name</i>	<i>Mobile Number</i>	<i>Emergency contact number</i>

Travel details

Minibus	<ul style="list-style-type: none"> ▪ Minibus Transport ▪ Number of seats 	<i>Yes</i>	<i>No</i>
Lift	<ul style="list-style-type: none"> ▪ I would prefer a lift if possible I will endeavour to put members in touch with each other to encourage green travel. 	<i>Yes</i>	<i>No</i>
Independent travel	<ul style="list-style-type: none"> ▪ I am making independent travel arrangements and intend to arrive on <i>(day/date)</i> 	<i>At (time)</i>	
	and depart on <i>(day/date)</i>	<i>At (time)</i>	
	Please indicate if you can offer a lift (and share travel expenses) to others in the group who may prefer not to travel via minibus	<i>Yes</i>	<i>No</i>

Our very successful club experience is achieved by one and all participating in chores large and small and volunteers assisting in other ways as detailed below. If you would wish to volunteer please indicate below:
(please delete as appropriate)

<ul style="list-style-type: none"> ▪ I would be happy to be a volunteer minibus driver 	<i>Yes</i>	<i>No</i>
<ul style="list-style-type: none"> ▪ I would be happy to lead walks 	<i>Yes</i>	<i>No</i>

Booking

Trip/event costs (AS INFORMATION ON FORM)			
Inclusive Package Number Booked			
Please note Personal Accident and Insurance is a matter for individuals and is not included in the costs		@ £135 per person	£
I wish to join the weekend but need to discuss other		Telephone number to discuss:	

details/options		Day: Evening:	
Minibus Numbers booked Introduction to Navigation Numbers Booked Pony Trekking – numbers interested			
<i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i>			NO CHARGE
<i>Total Payable</i>		TOTAL	£
CREDIT / Debit CARD PAYMENT- via the secure site below. Please use as transaction reference. Brecon 2012 plus your initials. http://www.walkfreebreakfree.co.uk/payments Internet banking email iain@walkfreebreakfree.co.uk for account transfer details		:	

Cheques made payable to **Walkfree Breakfree Ltd**

<ul style="list-style-type: none"> ▪ Vegetarian Food required: Please indicate number of people requiring vegetarian food in group: 	Yes No
<ul style="list-style-type: none"> ▪ Other Dietary Issues you may wish to bring to our attention: 	
<ul style="list-style-type: none"> ▪ Health & Fitness Bookings are accepted on the understanding that all persons participating are normally in good health and physically equally to the minimum demands of the chosen trip. If this is in doubt the Booking Form must be accompanied by a doctor's certificate stating that it is entirely safe for you to go on the particular trip you have chosen. To assess your level of fitness in relation to the various walks we undertake, completing the quiz available on our website http://www.walkfreebreakfree.co.uk/fitness-quiz may be helpful and a useful reference point for your personal use. Remember we are undertaking physical activity which at times may be in remote locations where assistance may not be readily available or in certain circumstances medical conditions may pose additional risk to activities being undertaken. 	
If you or a member of your party have medical conditions you wish to be brought to the attention of voluntary leaders please indicate here and include relevant details in confidence with the booking form.	

Please sign booking form below confirming you agree to accept and on behalf of all members of your party accept to comply with conditions of membership and fully understand the meaning of “a participating adult” – (further information below) and understand that you participate on walks and activities at your own risk and Walkfree Breakfree Ltd accept no responsibility or liability. You accept our terms and conditions published on our website and below.

<http://www.walkfreebreakfree.co.uk/booking-conditions> on behalf of all members of the group (a published copy can be made available on request).

Signature of person booking

I fully understand and accept membership on the above conditions:

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MEMBERSHIP is on the understanding you and everyone in your party agrees participation is on the basis of “a participating adult” which is clearly defined in the British Mountaineering Council Participation Statement and on your acceptance of our terms and conditions. The BMC Participation Statement say that: *The BMC recognises that climbing and mountaineering (which in our context includes walks, hill walking and other outdoor activities) are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.*

To make your participation as simple and easy as possible you should fully understand your relationship with Walkfree Breakfree Ltd. During Club experience weekends and trips we are happy to offer information and opinions on walks and other activities and we will always endeavour to give accurate information and opinions, but we do not take any responsibility for them and if acted upon by you it is at your own risk.

You understand our walking and activity leaders are not qualified mountain guides and you join them at your own risk and your own free will to participate in club experience activities with like minded people.

During Club Experience trips you may be asked to drive (or accept a lift from) someone who is not in your booking party, to and from an excursion and you accept that Walkfree Breakfree Ltd will not accept any liability in the event of a road accident and that you enter into such an arrangement with another driver/passenger by mutual consent.