



## THE WILDSOME - AUGUST ADVENTURE TIME WEEKEND ITINERARY \*

### FRIDAY 7TH AUGUST

- 3 - 6 pm Arrival at Crashpad Lodges
- 7 pm Healthy hearty dinner
- 8 pm Wildsome welcome chats
- 8:30 pm Free/social time
- 10 pm Bedfordshire (lights out by 11pm)

### SATURDAY 8TH AUGUST

- 7 am Up & at 'em
- 7:15 am Morning meditation
- 7.30 am Wild swim (optional, but recommended... it's better than a morning coffee)
- 8 am Healthy hearty brekkie
- 9 am Pack day bag & boots on
- 9.30 am Mountain briefing
- 9:45 am Gentle warm up (hello glutes, we're ready)
- 10 am Depart for mountain adventures
- 5 pm Return from mountain adventures
- 5.15 pm Cool down stretches and wild swim (your legs will thank you tomorrow)
- 6 pm Tea & cake (made especially for us by the wonderful Mafon cafe in Llanberis)
- 6:30 pm Freetime/chill
- 7.30 pm High Summer Feast
- 8 pm Fire pits, stargazing & storytelling
- 10 pm Bedfordshire (lights out by 11pm)

### SUNDAY 9TH AUGUST

- 7.30 am Rise & shine
- 7:45 am Stretch and flex
- 8 am Morning meditation
- 8.15 am Healthy hearty breakfast
- 9 am Bag packing
- 9:30 am Mountain briefing
- 9:45 am Gentle warm up (how are those legsies?)
- 10 am Shorter mountain day including navigation training
- 2 pm Off the hill & a quick cool down
- 2:30 pm Cup of tea
- 3 pm Farewell Wanderers!

\*Itinerary subject to changes

## WHAT'S INCLUDED:

We'll provide the bedding and healthy hearty grub so you just need to turn up with yourselves, your kit (see below) and good mountain spirits.

### Notes on food & alcohol:

We'll provide it all – breakfast, lunch, mountain snacks, dinner and cake, plus a Saturday night High Summer feast. Special diet? No problem. Just make sure you let us know when we send you your pre-trip questionnaire.

Although we'll provide a glass of wine or beer with dinner on Saturday evening, we'd encourage minimal drinking of alcohol over the weekend to fully enjoy our mountain days with clear heads, as such, Friday pm is alcohol-free.

## WHAT'S NOT INCLUDED:

How you get to us in North Wales is up to you, we just ask that you arrive by 6.30pm on Friday in time for dinner & welcome chats. Check out our [contact page](#) for more details on starting your adventure.

Here's a suggested kit list to enjoy full mountain days:

- Backpack (20 – 30 litres is ample)
- Water bottle (1-2 litres)
- Walking boots (broken in)
- Walking clothes (layers and leggings are good)
- Comfy walking socks
- Big warm jacket
- Waterproof jacket and trousers
- Drybag
- Swimming kit
- Towel
- Headtorch, optional map & compass
- Comfy post-mountain clothes
- Indoor footwear/slippers
- Your best mountain puns

## STAYING CONNECTED:

Wifi is available at the bunkhouse although phone signal is patchy... we hope you're out here to connect IRL anyways so we encourage limited tech use.

THE WILDSOME

<https://thewildsome.com>

\*Itinerary subject to changes