



Newsletter

May 2007

ProAdventure are pleased to introduce our newest course:

The Best of Welsh Adventure Week!

For a small country, Wales is packed with beautiful, rugged and remote landscapes, which provide an ideal natural 'playground' for the outdoor enthusiast or those with a huge sense of adventure! Our new 'Best of Welsh Adventure' holiday is an action-packed week of activity, allowing you to experience the very best that Wales can offer! Featuring:



A day **Gorge Walking** in the depths of Snowdonia! This is the most challenging Gorge Walk we offer, and not for the faint-hearted! Deep, steep, and rocky, amidst some of the most beautiful scenery you'll find yourself wading, swimming, abseiling, jumping and sliding downriver!

A day ascending **Mount Snowdon** - will it be the Llanberis Path (not the shortest route, but the least steep!), the Pyg Track, or are you brave enough to scramble the knife-edge ridge of Crib Goch?!



A day **Mountain Biking** - with popular routes on the doorstep such as the Marin Trail, The Conquering Hero or the tracks at Coed Llandegla there's something for everyone - what will you tackle?



A day ascending **Lockwood's Chimney** - a classic mountaineering route in Snowdonia, which involves walking, scrambling, rock climbing and abseiling!

A day **White Water Kayaking** on one of the many classic White Water rivers of Wales! Learn and practise the basics on flat water, then it's on to the white water to experience the power of the river!



Cost:

Activity-only	£478pp
Incl. 5 nights Bunkhouse B&B	£603pp
Incl. 5 nights Basic 2 Star B&B	£653pp
Incl. 5 nights Luxury 3 Star B&B	£753pp

Current dates for individuals and small groups:

9th-13th July

This course is available any weekdays (Mon-Fri) for a minimum of 2 people, or any days including a weekend for a minimum of 4 people. Minimum age 14 years (all under 16's must be accompanied by an adult). Previous experience - none required!

To book your place call 01978 861912 today!