



www.EDGE-ucationoutdoors.co.uk

Gold Practise Expedition 2019 Friday 5th July to Sunday 7th July.

Issue of equipment

Tuesday 3rd July 3.40pm to 4.30pm.

Travel

Thomas Telford School or EDGE-ucation are not responsible for your travel; the trains are a suggestion. Alternative arrangements for travel can be made if preferred.

Train Details- **Outward:** W-Ton - 08.43am approx.

Arrive: Barmouth 11. 50 approx

Return : Barmouth 12.55

Arrive: W-ton 16.30 approx

Exact times need to be verified by YOU, nearer the date. (new time table out in May)
Would be a good idea to book, tickets are cheaper in advance. Check online for latest prices.

Rail Enquiries: 08457484950

Arriva Trains : 08709000773

www.nationalrail.co.uk

The Plan/Reminders

You will be met at the train station in Barmouth and briefed. There will be time for you to go and get Chips or something in Barmouth before you set out. Some of the camps can be very midgy !!! so be prepared.

Equipment

Kit list as already issued on checklist for back-packing.

Money: Allow at least £7.00 per night per person for campsite fees and extra for your pocket money.

Telephone Numbers:

Mr Baker - 07815 947114

Reception is very poor in the expedition areas, leave a clear message.

Action Fun Risk Planning Friendships Problem solving Learning for life Thinking under pressure Making real decisions Facing consequences Overcoming Confidence

Frightening New places Wild Quiet Imagination Relevance Frustration Confidence Fragile Safe Bad Caring Empathy Sharing Strive Shy