

SAMPLE ITINERARY

ADVANCED SCRAMBLING (5 DAY)

MONDAY	<ul style="list-style-type: none">• Informal welcome chat with our staff and your course members• Head to stores to get kitted out• Discuss the weather and consider where's best for the day• Do a classic grade 1 scramble such as the North ridge of Tryfan• Use maps and guidebooks to find it and interpret the description• Movement coaching on the walk in• Routefinding tips• Descent tips – facing in v facing out on tricky down steps• Return to PYB for tea, medals, and cake!
TUESDAY	<ul style="list-style-type: none">• Introduction to basic ropework to get out of trouble on grade 1 scrambles• Body belaying• Anchor building• Retrievable abseils using the rope only• Return to PYB for more tea and cake!
WEDNESDAY	<ul style="list-style-type: none">• Ratio drops to one instructor to two participants• Split into pairs with similar aspirations• Discuss the weather and consider where's best for the day• Use maps and guidebooks to locate the scramble and route find• Ascend classic grade 2 / 3 scrambles• See how the rope is used to keep everything safe• Return to PYB for more tea and cake!
THURSDAY	<ul style="list-style-type: none">• A big linkup day!• Join several scrambles together to do LOADS of scrambling at grade 2 & 3• As an example – Idwal Staircase – Idwal Continuation – Cneifion Arete – Dolmen Ridge• Return to PYB for more tea and cake!
FRIDAY	<ul style="list-style-type: none">• More of the same!• Or, have more of an instructional focus• Look at building belays, placing gear and leading easier sections• Return to PYB for, you guessed it, more tea and cake, and a fond farewell.