



PLAS Y BREININ

National Mountain Sports Centre

GENERAL INFORMATION

Accommodation and Meals

Arrival

Please aim to **arrive between 6.00 pm and 11.30 pm** on the **evening before your course start date**. Your room will be available from 6.00pm onwards. If you are likely to arrive later than 11.30pm, please telephone the Centre to arrange late access. If you decide not to arrive until the morning of your course, please let us know and check in at reception at 8.45 am.

Your accommodation is usually in shared ensuite rooms, but you can request a single room for a supplement. This is subject to availability at the time of booking. Please contact us via e-mail info@pyb.co.uk or phone us on 01690 720 214 (within office hours 9 am – 5 pm) to enquire about a single room.

Departure

Please vacate your room by 10.00 am on the last morning of your course so we will have time to prepare it for new arrivals. Secure storage facilities, showers and toilets are available for you to use on the departure day if you should need them, just ask at reception.

If you're on a course with an overnight camp (Mountain Leader Training and Assessment and Complete Mountain Skills) you'll keep your room until the very end of the course, so you can return to pack and have a shower after your camp.

Towels

Towels are provided in each room. In the interests of the environment, we anticipate these should last for the duration of your stay. If you are on a water-based course you may wish to bring your own additional towel.

Meal times

If you've booked a residential course, you're catered for from breakfast on the first morning of your course, until tea and cakes on the last day of your course. You **can purchase a meal from our lounge** on the night of your arrival or departure if you'd like. It offers a full menu from **12 pm until 8.00 pm** every day.

Breakfast is served between **7.45 am and 9.00 am**.

Please pick up a **packed lunch** at the same time, you'll find them next to the serving counter.

Servery Dinner is served between **6 pm and 7.30 pm**.

All food is provided in the dining room.

Non-Residential courses

If you've booked a non-residential course, please **arrive by 8.45 am** and check in at reception. Please NOTE: If you are booked on a Paddlesport **Safety & Rescue course** your course **start is 8:30 am**, please arrive in good time for this earlier course start.

For most courses you will need to have a packed lunch with you as you will be out all day. If your course is site-based, you can buy lunch through our lounge.

Please note: non-residential courses do not include meals or accommodation.

Additional accommodation

You may be able to book an extra night's accommodation if you'd like to delay your homeward journey, please contact reception to check availability.

Your course timings

All courses, whether weekend or weekday, begin with a **welcome talk in the lecture room** on the first morning. It would be great if you're there for **8.55 am**, ready for a 9 am start.

Unless you're booked on a **Safety & Rescue** course which starts at **8:30am**.

You'll then meet your instructor and fellow course members, get to know one another, and talk through the course outline.

You don't need to come to the lecture room with any specific kit or clothing. Your instructor will chat through everything you need and you'll have time to head back to your rooms and get everything sorted. The whole team will go to stores and sign anything out that's needed.

You can then **expect to be out for a full day's activity** and return to PYB for tea and cake at 5 pm.

On the **last day of your course, we'll be back** in time to return any kit to stores and have a farewell chat over more tea and cake! You can expect to be back at the Centre **by 4.30 pm at the latest**.

Plas y Brenin Facilities

Equipment Stores

Registered office: Plas y Brenin, Capel Curig, Conwy, LL24 0ET
01690 720214 | info@pyb.co.uk | pyb.co.uk

Plas y Brenin is managed on behalf of Sport England by The Mountain Training Trust,
a limited company registered in England and Wales.
Company no: 03250981 Registered charity no: 1064023

We are happy to loan guests most items of technical equipment needed for the courses. Please check the website page of your course for a detailed kit list.

We have an extensive range of almost everything you might need to borrow on any given course. The few things we don't loan out include; clothes (aside from waterproof jackets and trousers) gloves, goggles, maps, drybags and if you're on a watersports course – spare shoes to get wet. Old trainers or wet suit boots are perfect for this.

If you're unsure about a specific piece of kit please get in touch.

Lolfa'r Wyddfa Lounge

The lounge, with its friendly atmosphere and stunning views of Yr Wyddfa (Snowdon) and the horseshoe, is open every day between 12 pm and 11 pm (food is served until 8pm).

The Climbing Wall

Use of the climbing wall is free to all guests who have booked a residential and non-residential course. Rock shoes are the only form of footwear permitted in the wall; you're welcome to hire some from stores if you don't have your own. There's a bouldering area, auto-belay, lead climbing wall and some top ropes are already in place. Please register at Reception for a key. It's worth knowing it's open to the public for future trips.

Laundry and Drying Rooms

We have token-operated, commercial style washing machines and a tumble dryer for your use. You can purchase the tokens from the Reception desk. These are located in our dedicated kit drying rooms (which are free to use and brilliant).

Rolling Pool

We have an onsite rolling pool for our paddling courses, only to be used under supervision.

Evening talks

We deliver a mixture of evening talks throughout the year, most commonly on Wednesday and Saturday nights. Most are open to all course members and the general public. Please feel free to bring a drink from the bar. You can find out what's on either by visiting our [website](#), checking our social media pages or the chalkboard in the bar.

Please note, we currently haven't got electric car charger points at the centre, please charge your car before and or during your travel.

Travel Directions and Location Map



By Road

Capel Curig is on the A5 (London to Holyhead Road) and the centre is about 400 metres from the village along the A4086. From the North take the M56, A55, A5 or A470. Traffic congestion is sometimes heavy on the roads in holiday periods.

By Train

The **closest train stations** are at **Llandudno Junction and Bangor**. Many trains depart from London, with connections from other parts of the country at Crewe and Chester. **You will need to arrange a taxi from whichever station you choose.** Given our rural location we would recommend booking your taxis in advance of travelling. There are occasional trains during the day, which run between Llandudno Junction and Betws-y-Coed, which is 6 miles from the centre. From Betws-y-Coed there's an infrequent bus service to Capel Curig.

Please see;

Bus times: www.traveline-cymru.info

Tel: 0871 200 22 33

National Rail Enquiries: www.nationalrail.co.uk

Tel: 08457 48 49 50

Local Shops

The centre is based in a remote, rural village. If you'd like to pick anything up while you're here the nearest shops are;

Tesco Express in Bethesda – 15 minute drive

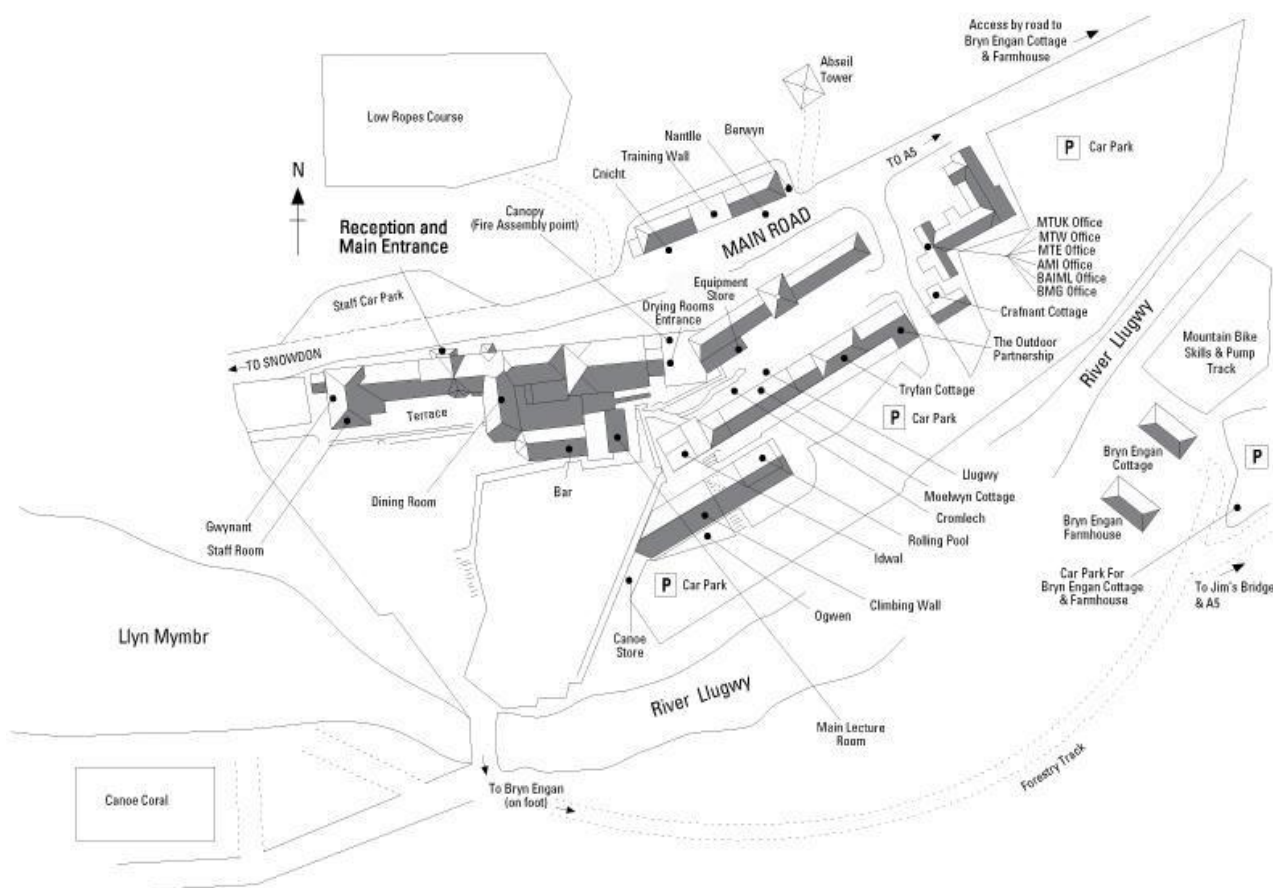
Spar in Betws-y-Coed – 10 minute drive

Cotswold Outdoor (outdoor kit and clothing) in Betws-y-Coed

Joe Brown (outdoor kit and clothing) in Capel Curig – 7 minute walk

Parking and Site Map

Plas y Brenin has onsite parking, but the centre does become very busy and we would respectfully ask all customers to park as considerately as possible.



Insurance

You never know when the unexpected might happen, so we would always recommend that you

consider taking out insurance for your course.

We recommend taking out specialist insurance from the British Mountaineering Council:
www.thebmc.co.uk/modules/insurance

Contact Details

By Mail: Plas y Brenin Customer Services
Capel Curig
Conwy
LL24 0ET.

By Phone: 01690 720214

By Email: info@pyb.co.uk

For further useful information please visit www.pyb.co.uk where you can find, amongst many other things, weather forecast and weather cam and more information about the centre's facilities which you can use to get in touch with other guests on your course.

