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High Hopes 2010

Brecon Beacon Adventure

For those that want a short adventure break, then this trip is for you. You will join the High Hopes team as guests with Steve and Anna at Absolute Adventure in the mountains of Wales. From their bunkhouse you will have the opportunity to try your hand at a climb, an abseil, go walking, caving and canoeing.

No High Hopes trip would be complete without the usual social evening. A good excuse to catch up with old friends, exchange stories and sample the local produce.

If you have not been away on any adventure holidays before then this trip will certainly encourage you to pursue these exciting activities further. All that High Hopes ask is that you are prepared to give it ago. Let the team encourage, support and look after you as you achieve your own personal challenges.

All safety equipment is provided along with transport to all the activities. Your High Hopes team are all fully qualified outdoor instructors, so you are always ensured of a safe and fun time.



Contact Details

martin@spirit-of-adventure.com

01822 880277



High Hopes 2010 Brecon Beacon Adventure

2010

Facts and Figures

14th–17th May

Friday

arrive and undertake a walk in
the afternoon

Sat–Sun

Two full days of activities

Mon

Depart and leave for home

Full board

(except for Saturday evening
meal)

Cost

£250

This price includes transport
from Kent

Kit list

Woollen hat / gloves

Water proof jacket

Waterproof bottoms

T-shirt or thermal vest

Sweatshirt

Sun hat

Swim wear

Woollen jumper or fleece

Windproof jacket

Shorts

Track suit bottoms

Trainers / walking boots

Old trainers for canoeing (they will get wet)

Small personal first aid kit

Insect repellent

Sun protection cream

Washing kit and towel

Water bottle

Camera

Sleeping bag

Pillow if required

All safety equipment will be provided by Spirit of
Adventure for all the activities.

If you have any questions on the above list then please contact
us at our Spirit of Adventure office. **01822 880277**

