



BEN NEVIS

Llŷn Adventures Newsletter #1

April 2015

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Winter 2014-15 round-up

In general the winter has been kind, we climbed lots of routes and avoided most of the wild weather. A big thank you to everyone who was involved in any way with a winter adventure.

The season's tick list

Ben Nevis

Curtain (x3 times)
Harrisons Direct
Boomers Requiem
Gemini
Point 5 Gully
Mega route X (x2 times)
Hadrians Wall
Vade Mecum
Tower Ridge
CIC hut cascades
Green Gully
Tower face of the Comb
SW ridge Douglas Boulder
Psychedelic Wall
Gargoyle Wall
Darth Vader

Aonachs

Twinkle – Aonach Beag West face
Stand and Deliver – Aonach Beag
Royal Pardon - Aonach Beag
Morwind – Aonach Mor

Glencoe

3 Gully - Aonach Dubh West face
Nasmiths Route – Buachille Etive Mor
Deep Cut Chimney – Stob Coire nam Beith

Zig Zags (x2 times) - Gearr Aonach
999 – Gaerr Aonach west face
Flake Route RH – Bidien Nam Bian
North Buttress – Buachaille Etive Mor

Bridge of Orchy

West Buttress - Beinn an Dothaidh
South Gully back wall – Beinn Udlaidh
Captain Hook - Beinn Udlaidh

Coire an t Snechda

Hidden Chimney
Wavelength
Seam

Applecross

Silver Tear – Beinn Bhan

If you want to book a winter climbing experience for the 2015-2016 season please get in touch. It's never too early!



Winter climbing 2014-2015

What we've been up to over the past 3 months

Page - this one



Spring and summer 2015

What we've got coming up over the next few months including some new activity sessions.

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Spring and summer 2015

Surfing

If you have never surfed before and what to see what it is all about, or if you already know the basics and want to learn to progress to a higher standard we can help. We will be running surfing lessons around the peninsula. Sessions start at £30 per person and include board and wetsuit hire.

Rock Climbing

We will be running introductory climbing experiences for anyone who fancies having a go. For climbers who want to push themselves onto higher grades or more adventurous crags we are also offering advanced climbing classes and guided classic climbing. Big mountain multi pitch routes and sea cliff climbing is where adventures really get going. Prices vary depending on the format and duration of your session.

Coasteering

This is our most popular summer activity and will be running between Easter and October. There are a couple of venues which we regularly use, one at Morfa Nefyn and one near Aberdaron. Every session is different due to the nature of the sea. The session will last for about 3 hours and cost £40 per person. Included in the price is a thick



wetsuit, buoyancy aid and helmet. More details can be found on www.llynadventures.com

Kayaking

We will be running sit on top introductory kayaking sessions around the peninsula again this year. Sit on top kayaks are very easy to paddle making them ideal for novice paddlers. Sessions usually last for about 3 hours in which time an instructor will look after you by offering tips and advice to keep you upright. An introductory session costs £40 per person.

We also offer kayaking tours for more experienced kayakers. These sessions are guided trips along sections of the Llŷn

coastline. Kayakers will be paddling closed cockpit touring kayaks which allow greater distances to be comfortably covered. More details of our trips can be found at www.llynadventures.com

MORE INFORMATION

You will find more details about all our activities on our website including prices and booking information.

www.llynadventures.com

You can also ring us on

07751826714

Sponsored challenge

This year we have set up a 2 day 38 mile walking route along the Wales Coastal Path. The route travels between Tudweiliog and Abersoch with an overnight camp close to Aberdaron. The journey will also involve additional challenges like cliff jumping, abseiling, kayaking and rock climbing. The aim of the challenge is to allow groups and organizations the ability to raise sponsorship money for good causes while learning more about each other's strength and endurance and enjoy some beautiful scenery. For more details please visit www.llynadventures.com

New Website - www.llynadventures.com

We now have a new (long overdue) website which contains details about everything on this leaflet plus much more. Please feel free to browse away, you will find lots of pictures of different activities with videos clips coming soon. We are also on Facebook as Llyn Adventures and Twitter as @llynadventures