

# Come on... GIVE IT A GO!

The Outdoor Tourism Project is offering an action packed activity week to give you an opportunity to try something different!



Best of all...  
**IT'S FREE**



Wefnddi Ie Mestrall Fardd  
Pogramedd 2007 - 2013  
Lle Fardd llyd y Gwlad a'r Ewrop  
and the European Union



## Come on... **GIVE IT A GO!**

The Outdoor Tourism Project is offering an action packed activity week to give you an opportunity to try something different!

Are you over 18? Living in the County of Conwy? Then why not 'Give It A Go'!

Choose from a host of taster sessions with the opportunity to progress further through our development programmes. If you are part of a community group or thinking of setting up a group in your area and would like to gain a qualification in your chosen activity for the benefit of your club, then take a look at our 'Coaching for Volunteers' scheme.

## Best of all... **IT'S FREE**

### **What's the catch? There isn't one.**

The Outdoor Tourism Project aims to encourage and inspire the local community to take part in outdoor activities and to see the potential within themselves to help develop the Outdoor Tourism Sector in Conwy. So whether you are looking for a long term career opportunity or simply just want to try out an activity, the choice is yours.

### **The Outdoor Tourism Project**

The Outdoor Tourism Project is part-funded through the Ireland-Wales Programme 2007-2013 (Interreg 4A). There are six partners: Conwy County Borough Council, Gwynedd Council, The Outdoor Partnership, Dun Laoghaire-Rathdown County Council, Kildare County Council and Kilkenny Leader Partnership each delivering community activities in their own localities.

We recognise that outdoor tourism has the potential for further growth; and also recognise the importance of exchanging good practice and learning across borders both as strategic partners but also for professionals working in

## **HOW TO BOOK**

(Please take notice of the entry requirements for each of the activities.)

Book your place by completing the attached booking form and sending it to:

**Outdoor Tourism Activity Programme,  
Conwy County Borough Council,  
Library Buildings,  
Mostyn Street,  
Llandudno,  
LL30 2RS**

You can also telephone:  
**01492 575563/4**

e-mail:  
**hamdden.leisure@conwy.gov.uk**

You can also download a copy of the programme from our website:

**Conwy County Borough Council :  
Outdoor Tourism Project**

**Note:** To qualify for a place on the Outdoor Tourism Activity Programme you must be 18 or over, live in the County of Conwy and not be a participant on any other European Funded Programme. Transport to the activity location is not provided for individuals but can be considered for group bookings subject to availability. Refreshments are not provided, please bring drinks/snacks as required.

the outdoor sector. The Outdoor Tourism Project aims to understand the issues that currently prevent growth for businesses in the outdoor sector and address these challenges through cross border support, whilst exploring new and innovative approaches to marketing the outdoor tourism sector. The project also looks to develop a link between the local community and the use of their natural environment, to inspire communities to take part in recreational and voluntary activities and to inspire to work in the outdoor tourism sector.

To find out more about the project visit our website: [www.outdoortourism.org](http://www.outdoortourism.org) or by following us on Facebook "Outdoor Tourism Project" and Twitter.

# PROGRAMME OF ACTIVITIES

## TASTER SESSIONS

No previous experience necessary just... **GIVE IT A GO!**

**Monday, 20th August 2012**

### CLIMBING/ABSEILING

Reference: **W1CL12**

**9:30am – 12:30pm**

**Plas y Brenin, Capel Curig,  
LL24 0ET**

This will be a taster session for anyone who hasn't climbed before (or for a while) and would like to try in a safe controlled environment. This will be an outdoor session on local crags if weather permits; otherwise will take place on an indoor climbing wall. The session will include warming up and stretching, correct fitting of harness and helmet, correct method of attaching yourself to the climbing rope, use of handholds and footholds and some coaching movement skills. There will also be an opportunity to try abseiling if time allows.

#### **What you need to bring:**

Helmets, harnesses and climbing shoes will be provided. Wear suitable comfortable clothing such as tracksuit, T shirt and a sweatshirt. Please also bring a day sack with spare warm and waterproof clothing.

### KAYAKING/CANOEING

Reference: **W1KA12**

**1:30pm – 4.30pm**

**Plas y Brenin, Capel Curig,  
LL24 0ET**

This is a fun half-day kayaking / canoeing session. A mix of games, activities and skills designed to be a perfect introduction to kayaking for absolute beginners or those who have done very little.

#### **What you need to bring:**

Please bring shoes you can get wet, a towel, and a full change of clothes (just in case).



## Tuesday, 21st August 2012

### NORDIC WALKING

Reference: **W1N012**

**9:30am – 12:30pm**

**Llandudno**

This is a fun half-day session to introduce Nordic Walking. A mix of activities and skills designed to be a perfect introduction to Nordic Walking for absolute beginners or those who have done very little.

**What you need to bring:**

Wear suitable comfortable clothing with good training shoes or walking boots. It is advisable to bring a small back pack with a drink and a light snack. A light weight waterproof jacket is also advisable.

### SKIING

Reference: **W1SK12**

**1:30pm – 4.30pm**

**Llandudno Ski Slope, LL30 2LR**

This is a fun half-day session to introduce Skiing. A mix of activities and skills designed to be a perfect introduction to skiing for absolute beginners or those who have done very little.

**What you need to bring:**

Wear suitable comfortable clothing such as tracksuit, T shirt and a sweatshirt. Bring gloves if you have them, please also bring some spare warm clothing and waterproof clothing.

## Friday, 24th August 2012

### HIGH ROPES

Reference: **W10R12**

**9:30am – 12:30pm**

**Tree Top Adventure, Llanrwst**

Come and experience the exhilaration of the high ropes course based on the edge of Llanrwst. An excellent activity, high up in the trees!

**What you need to bring:**

Wear suitable comfortable clothing such as tracksuit, T shirt and a sweatshirt. Bring some spare warm clothing and waterproof clothing. All safety equipment will be provided.

### GORGE WALKING

Reference: **W1G012**

**1:30pm – 4.30pm**

**Tree Top Adventure, Llanrwst**

Come and experience the thrill of gorge walking in the Conwy Valley. You'll be lead by an instructor up one of the gorges combining some climbing and scrambling (and definitely a swim!) in the waters of Afon Ddu.

**What you need to bring:**

Please bring shoes you can get wet, a towel, and a full change of clothes (just in case).



# Monday, 27th August 2012

## HIGH ROPES

Reference: **W2HR12**

**9:30am – 12:30pm**

**Tree Top Adventure, Llanrwst**

Come and experience the exhilaration of the high ropes course based on the edge of Llanrwst. An excellent activity, high up in the trees!

### **What you need to bring:**

Wear suitable comfortable clothing such as tracksuit, T shirt and a sweatshirt. Bring some spare warm clothing and waterproof clothing. All safety equipment will be provided.

## GORGE WALKING

Reference: **W2G012**

**1:30pm – 4.30pm**

**Tree Top Adventure, Llanrwst**

Come and experience the thrill of gorge walking in the Conwy Valley. You'll be lead by an instructor up one of the gorges combing some climbing and scrambling (and definitely a swim!) in the waters of Afon Ddu.

### **What you need to bring:**

Please bring shoes you can get wet, a towel, and a full change of clothes (just in case).

# Tuesday, 28th August 2012

## KAYAKING/CANOEING

Reference: **W2KA12**

**9:30am – 12:30pm**

**Plas y Brenin, Capel Curig**

This is a fun half-day kayaking / canoeing session. A mix of games, activities and skills designed to be a perfect introduction to kayaking for absolute beginners or those who have done very little.

### **What you need to bring:**

Please bring shoes you can get wet, a towel, and a full change of clothes (just in case).

## CLIMBING/ABSEILING

Reference: **W2CL12**

**1:30pm – 4.30pm**

**Plas y Brenin, Capel Curig**

This will be a taster session for anyone who hasn't climbed before (or for a while) and would like to try in it a safe controlled environment. This will be an outdoor session on local crags if weather permits; otherwise will take place on an indoor climbing wall. The session will include warming up and stretching, correct fitting of harness and helmet, correct method of attaching yourself to the climbing rope, use of handholds and footholds and some coaching movement skills. There will also be an opportunity to try abseiling if time allows.

### **What you need to bring:**

Helmets, harnesses and climbing shoes will be provided. Wear suitable comfortable clothing such as tracksuit, T shirt and a sweatshirt. Please also bring a day sack with spare warm and waterproof clothing.

## Wednesday, 29th August 2012

### SNOWBOARDING

Reference: **W2SN12**

**9:30am – 12:30pm**

**Llandudno Ski Slope, LL30 2LR**

This is a fun half-day session to introduce Snowboarding. A mix of activities and skills designed to be a perfect introduction to snowboarding for absolute beginners or those who have done very little.

**What you need to bring:**

Wear suitable comfortable clothing such as tracksuit, T shirt and a sweatshirt. Bring gloves and if you have them, please also bring some spare warm clothing and waterproof clothing.

### ORIENTEERING

Reference: **W2OR12**

**1:30pm – 4.30pm**

**Cwm Mountain, Llandudno**

This session is aimed at people new to orienteering. It will cover: understanding the symbols and colours on an orienteering map, map orientation by terrain or compass, following handrails and skills used up to Orange standard. A perfect introduction in scenic surroundings.

**What you need to bring:**

Wear suitable comfortable clothing such as tracksuit, T shirt and a sweatshirt. Bring some spare warm clothing and waterproof clothing. Maps and compasses and any other equipment will be provided.

## Thursday, 30th August 2012

### NORDIC WALKING

Reference: **W2MB12**

**9:30am – 12:30pm**

**Conwy**

This is a fun half-day session to introduce Nordic Walking. A mix of activities and skills designed to be a perfect introduction to Nordic Walking for absolute beginners or those who have done very little.

**What you need to bring:**

Wear suitable comfortable clothing with good training shoes or walking boots. It is advisable to bring a small back pack with a drink and a light snack. A light weight waterproof jacket is also advisable.

### KITE SURFING

Reference: **W2KS12**

**1:30pm - 4:30pm**

**North Wales Kitesurfing,  
Kinmel Bay**

This is a fun half-day session to introduce kitesurfing. A mix of activities and skills designed to be a perfect introduction to kitesurfing for absolute beginners or those who have done very little.

**What you need to bring:**

Wear suitable comfortable clothing and trainers that you don't mind getting wet. Bring gloves if you have them, please also bring some spare warm clothing and waterproof clothing.

# DEVELOPMENT PROGRAMMES

**Attended a taster session? Loved it? Want to learn more?  
...then check out our chosen development programmes for 2012.**

An opportunity for participants to gain more in-depth knowledge and experience in the chosen activity. The programme comprises of 10 half day sessions over 5 weeks. On completion of the programme, each participant will receive an attendance certificate and annual membership to a local outdoor activity club in the activity. The experience provided on these development programmes may be sufficient, in some instances, to give you the necessary skills to follow on to a certificated award.

If there is a particular type of activity that you would be interested in for your group that is not listed please let us know; a limited number of tailor made courses can be created for groups of 8-10 individuals of varying abilities and ages.

## 10th September – 10th October 2012

### KAYAKING

Reference: **DPKA12**

**Every Monday and Wednesday  
(10 Sessions)**

**9:30am – 12:30pm**

**Venue:**

To be confirmed

**Pick up/Collection Points:**

To be confirmed

The aim of the development program is to take you from being a beginner into a competent participant in the sport, and these sessions would be delivered with

the National Governing Body (NGB) frameworks in mind. We'd expect, following 10 sessions, that you would be ready to undertake an assessment for a NGB award e.g. 1\* or 2\* personal proficiency awards. With the 2\* award you can then enter the coaching scheme, and may be eligible to go onto out 'Coaching for Volunteers' scheme if you have an interest in starting a club or joining an existing outdoor activity club in the area.

**What you need to bring:**

Please bring shoes you can get wet, a towel, and a full change of clothes (just in case).

**11th September – 11th October 2012**

## **NORDIC WALKING**

Reference: **DPNW12**

**Every Tuesday and Thursday  
(10 Sessions)**

**1:30-4:30pm**

**Base Venue: Llandudno**

Location of Activities: Various

### **Pick up/Collection Points:**

To be confirmed

The aim of the development program is to take you from being a beginner into a competent participant in the sport, and these sessions would be delivered with the National Governing Body (NGB) frameworks in mind. We'd expect, following 10 sessions, that you will meet the minimum standard or pre-requisites

required for attending a Nordic Walking Instructor training course, which you could undertake on our 'Coaching for Volunteers' scheme. You could then be in a position to join an existing Nordic Walking group in the area to further your experience or potentially set up a club or group to encourage more people to take part. You will have the opportunity to meet new friends and have lots of fun while improving your fitness levels. By the end of the development programme you will also have a much wider insight into walking the Snowdonia area.

### **What you need to bring:**

Wear suitable comfortable clothing with good training shoes or walking boots. It is advisable to bring a small back pack with a drink and a light snack. A light-weight waterproof jacket is also advisable.

## **Coaching For Volunteers**

If you are in the process of setting up a club or already run a club (any age group) and would like to gain a qualification to enable you or your volunteers to facilitate different outdoor activities and/or increase capacity within your club, then the Coaching for Volunteers Scheme might be for you. Course fees are FREE, all we ask is that you have attended a development programme in the related activity, agree to take your group out on two occasions in the chosen activity during the course of a year and work with our support officer to feedback on progress. If you fail to attend or cancel with less than 1 week notice prior to the commencement of the course then we reserve the right to reclaim the cost of the course from you. Please note that entry requirements apply on some courses. Please phone the booking line for more information.

An example of the types of awards available that we can help you train towards are listed below:

**Walking Group Leader Award**

**Nordic Walking Award**

**Paddlesports Coaching, Level 1 or Level 2 Award**

**Trail Cycle Leader Award**

**Single Pitch Award (SPA)**

**European Ropes Course Association (ERCA) Course**

**REC First Aid**

**We look forward to seeing you soon...**

**IN THE GREAT OUTDOORS!**



# At a glance...



## AUGUST

## TASTER SESSIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>20<sup>th</sup></b> 9:30am-12:30pm <b>Climbing</b> 1:30pm-4:30pm <b>Kayaking</b>	<b>21<sup>st</sup></b> 9:30am-12:30pm <b>Nordic Walking</b> 1:30pm-4:30pm <b>Skiing</b>	<b>22<sup>nd</sup></b>	<b>23<sup>rd</sup></b>	<b>24<sup>th</sup></b> 9:30am-12:30pm <b>High Ropes</b> 1:30pm-4:30pm <b>Gorge Walking</b>	<b>25<sup>th</sup></b>	<b>26<sup>th</sup></b>
<b>27<sup>th</sup></b> 9:30am-12:30pm <b>High Ropes</b> 1:30pm-4:30pm <b>Gorge Walking</b>	<b>28<sup>th</sup></b> 9:30am-12:30pm <b>Kayaking</b> 1:30pm-4:30pm <b>Climbing</b>	<b>29<sup>th</sup></b> 9:30am-12:30pm <b>Snowboarding</b> 1:30pm-4:30pm <b>Orienteering</b>	<b>30<sup>th</sup></b> 9:30am-12:30pm <b>Nordic Walking</b> 1:30pm-4:30pm <b>Kite Surfing</b>	<b>31<sup>st</sup></b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>

## SEPTEMBER

## DEVELOPMENT PROGRAMMES

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>10<sup>th</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>11<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>12<sup>th</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>13<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>14<sup>th</sup></b>	<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b>
<b>17<sup>th</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>18<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>19<sup>th</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>20<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>21<sup>st</sup></b>	<b>22<sup>nd</sup></b>	<b>23<sup>rd</sup></b>
<b>24<sup>th</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>25<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>26<sup>th</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>27<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>28<sup>th</sup></b>	<b>29<sup>th</sup></b>	<b>30<sup>th</sup></b>

## OCTOBER

<b>1<sup>st</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>2<sup>nd</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>3<sup>rd</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>4<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>
<b>8<sup>th</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>9<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>10<sup>th</sup></b> 9:30-12:30 <b>Kayaking</b>	<b>11<sup>th</sup></b> 1:30-4:30 <b>Nordic Walking</b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>

# Outdoor Tourism Project

## EXPRESSION OF INTEREST / BOOKING FORM



Please note that there are limited numbers and the return of this form does not constitute a guaranteed place on the Activity; a member of the team will contact you to confirm your place.

Course..... Reference..... Date .....

Name ..... Date of Birth .....

Home address.....

.....

Telephone..... E-Mail.....

Please tick if you would like to receive information on future outdoor activity course and receive regular E-news letters from the Outdoor Partnership via email. Responses will be confidential and no individual contact details will be shared without prior permission.

Do you participate in outdoor adventure activities? Regularly  Occasionally  No

Are you a member of a Club/Group? Yes  No

Name of Club/Group .....

How did you here about the activity programme?

Website  Facebook  Word of mouth

Health Professional  Through a Club  Other .....

**Water Confidence** (*water based activities only*) Please indicate your swimming ability:

Cannot swim  Able to swim 10 metres  Able to swim 25 metres

### Photography

I give permission for staff to take photographs during the activity. I understand that these pictures may be used in local press and on the website for publicity purposes.

### Terms and Conditions

- Participants must be aged 18 years or over and reside in the County of Conwy.
- Participants must not be actively taking part on any other European Project or Programme which may render them ineligible for support from this project (please ask for clarification if unsure).
- Due to the limited number of places available on the activities, they will be allocated on a first come first served basis.
- The intended activity may be changed on the day if weather conditions or other variables make the original activity choice unsafe.
- Conwy County Borough Council do not accept any responsibility for any illness or injury, which could occur or for items lost or stolen whilst in attendance at the event.
- Conwy County Borough Council reserve the right to reclaim the cost of the course in the event that the participant fails to attend without prior notice.

### Declaration:

I understand that I will undertake Outdoor Activities during my course and declare that I am physically fit to do so. I have read the above, understand and agree by the terms and conditions.

Signed ..... Date .....



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