

# Adult Adventure Week

## Plas Pencelli Outdoor Centre



**Mon 3<sup>rd</sup> - Fri 7<sup>th</sup> August 2015**  
**Fully Inclusive Cost £280\***  
**Real Adventure at the Best Locations**



**Caving**  
**Canoeing**  
**Rock Climbing**  
**Gorge Scrambling**  
**Mountain Biking**  
**Hill walking**  
**Surfing**



**Contact Plas Pencelli at: [mail@plaspencelli.co.uk](mailto:mail@plaspencelli.co.uk)**

**01874 665241      [www.plaspencelli.co.uk](http://www.plaspencelli.co.uk)**

### **What the week is about**

*This is an outdoor adventure week for adults. People will join the course from different walks of life and from different areas. All will enjoy adventures in the Outdoors but activities will be tailored carefully to make sure all are happy with the level of challenge. It's also a chance to meet others and there will be evening activities and the chance to socialise. It's a chance to have an active break, to step outside your normal life and re-charge your batteries.*

### **Where is Plas Pencelli?**

*Plas Pencelli is a 200 year old Georgian Rectory set in 17 acres of pretty and well maintained grounds. It has been an outdoor education centre for 50 years. Situated close to the attractive market town of Brecon, there are impressive views from the grounds over the Black Mountains to the East. Behind the Centre the land rises steeply to the Brecon Beacons and Pen y Fan, the highest peak in Southern Britain.*

### **Food and Accommodation**

*The food we provide is wholesome and plentiful with 2 cooked meals a day and a generous packed lunch. We normally dine communally and there is provision for those with particular dietary needs. Hot drinks are freely available. The accommodation is designed for young people who at times can be a little rough with the fabric of the building. As a result all is fairly simple and robust. The centre is cleaned and serviced regularly and there's lots of hot water. It's not the height of luxury but it is clean and comfortable. There is enough accommodation that none should need to share and there is male, female and family rooms. Bed linen is provided so you will just need to bring your own towels. There is a very effective drying room.*

### **How to get to Plas Pencelli**

*Less than 2 hours drive from Birmingham or Swindon, there's good road access from all directions. There's a train station at Abergavenny and bus or taxi service to the Centre.*

### **What activities we provide**

*There are lots of activities that we provide at Plas Pencelli. We specialise in traditional pursuits such as canoeing, caving, climbing, hill walking, gorge walking etc. We also offer mountain biking and surfing. There's also other things we may do on site like orienteering or the "Dingle Descent" for instance. The right venue is equally important to us and we'll be visiting many beautiful parts of South Wales. We'll involve all in planning the best activities for the day taking into account what all would like to do and the weather conditions. This should leave plenty of choice each day.*

*Transport to and from activities is provided by a fleet of comfortable modern minibuses. There's also table tennis, table football and a tuck shop for those with energy left.*

### **Staffing and Quality**

*Plas Pencelli is a licensed centre (Adventure Activities Licensing Service) and subject to annual inspections at which we excel. We also operate under the scrutiny of Swindon Borough Council in terms of safety and quality. Our outdoor staff are very experienced, highly qualified and professional in their approach. They take much responsibility for the success of each day and are efficient but caring. All are skilled practitioners in their own right with a love for the outdoors.*

### **What we provide**

*The prices we charge are extremely good value compared to many other providers. Normally the Centre is used by school children from Swindon and elsewhere. This is why the Centre is available during holiday periods. We aim to provide all you need for the week. The only additional spending maybe in the tuck shop or on visits to local hostleries or tea rooms.*

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

*Plas Pencelli provides waterproof tops and bottoms, wellies, boots, rucksacks, fleeces etc. all as part of the cost of your course. Our specialist equipment is amongst the best that can be bought and is regularly checked, serviced and replaced.*

**What to do next.:** *Complete the attached booking form and return it with a non-refundable deposit of £50 per person. The balance is payable on arrival. We will also send a joining pack. If you have any individual queries please contact the office directly. In the meantime you can get a flavour of the Centre by visiting our website [www.plaspencelli.co.uk](http://www.plaspencelli.co.uk) or our facebook page. (\* Note: It may be possible for children 9 or older accompanied by a parent to join the course)*