

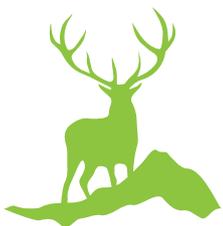
Shaping Trek Success

# TrekPrep

Toubkal / Kilimanjaro / Elbrus / Everest Base Camp / Mera Peak / Aconcagua  
Brecon Beacons 6 - 8 October 2017



An awesome weekend of fun and fresh air  
preparing you for your trek of a lifetime



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360<sup>°</sup>  
EXPEDITIONS

# Hello!

Thank you for your interest in our TrekPrep training weekend in the Brecon Beacons.

## Why do this?

Altitude, extremes of weather, camping, and sleep and tummy problems make overseas treks challenging as well as memorable. You need preparation and advice to make the most of this trip of a lifetime.

Your weekend will be fun, interactive, and full of learning. TrekPrep will shape your trek success!

You will have lots of opportunity to engage with our experienced trek leaders and learn from other participants.

You will gain insights and knowledge about fitness, altitude, clothing & equipment, nutrition & hydration, self-management, group dynamics and local culture.

You will head for home excited and confident about what more you need to do.

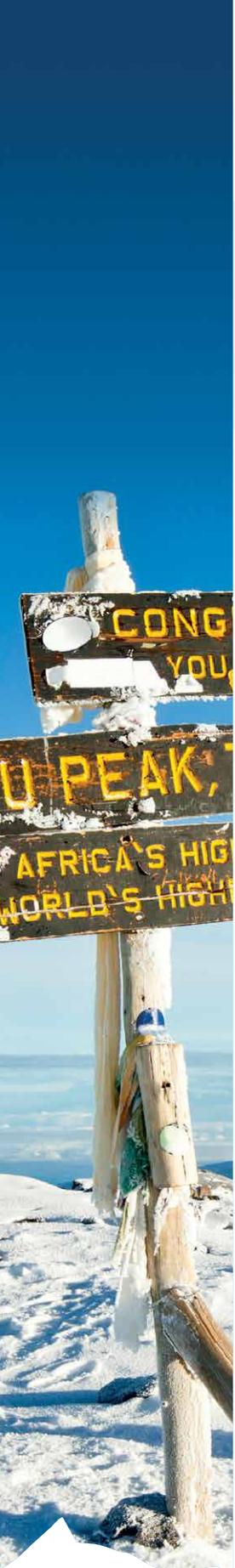
## How does it work?

We will gather on the Friday evening at our exclusive bunkhouse base, just outside Brecon. During the evening we orientate everyone to the weekend's activities and begin to explore a range of issues which we will develop over the weekend:

- self-management & safety
- cost effective clothing & equipment choices
- dealing with heat, cold & altitude
- health & hygiene
- hydration & nutrition
- supportive group dynamics
- camping skills
- working with guides and porters

On Saturday, our walk through stunning scenery will be representative of a typical trek day. In the late afternoon there will be an opportunity for mentored shopping, led by one of 360 Expeditions' leaders, at Cotswold Outdoor in Brecon. This valuable session will help guide your spending on clothing & kit, and reduce your anxiety!

On Saturday night we will have a group meal (at additional personal expense) before turning in for an early night. In the early hours of Sunday morning we will set off for a dark-through-dawn ascent of Pen y Fan, southern UK's highest peak. This can be a magical experience and replicates summit night on many high altitude mountains. Much is usually learned on this walk!



## Travel, accommodation, and feeding

You will make your own way by car to our bunkhouse base, just outside Brecon. Participants travelling by train will be collected from Abergavenny railway station (at an additional charge of £10 per head).

The bunkhouse has ample communal space, drying room and showers; and provides single-sex dormitories with comfortable single berth sleeping platforms with mattresses and pillows.

We will provide a cold buffet on the Friday evening, refreshments and snacks throughout the weekend, and the makings (on a self-help basis) for breakfasts and packed lunches on Saturday and Sunday. On Saturday evening we will have a group meal (at additional personal expense).

## What kit do I need?

We will provide a clothing & kit list in the joining pack that we will send when you book and pay for your place (see below).

We are able to provide some items on loan, and we will schedule some mentored shopping at Cotswold Outdoor in Brecon for the Saturday afternoon. This is a popular session and can save you a lot of money!

## What is the price?

The price per head is £150. This covers:

- At least one 360 Expeditions trek leader, supported by other qualified mountain leaders on a minimum client ratio of 1:8. All hold national governing body qualifications and adventure first aid certificates
- Two guided walks - one daylight walk and one dark-through dawn walk
- General mountain & trek-specific advice
- Exclusive bunkhouse accommodation (single beds)
- Cold buffet and refreshments on Friday night and refreshments and snacks throughout the weekend
- Breakfasts and packed lunches on Saturday and Sunday on a self-help basis.
- Risk assessments, planning and joining pack
- Public liability insurance

There is an additional £10 charge for transfers to/from Abergavenny railway station.

## How do I book a place?

Email [info@freshairlearning.com](mailto:info@freshairlearning.com) or telephone us (free from a UK landline) on **0800 052 7900** to book a place.

We will confirm availability and invoice you for the full amount of £150 (returnable only if we have to cancel the course).

When this is paid we will send you a joining pack with full details of the weekend.

We look forward to helping you prepare for an awesome trip of a lifetime.

# Shaping Trek Success

An awesome weekend of fun and fresh air  
preparing you for your trek of a lifetime



The Fresh Air Learning Company works with ambitious organisations to accelerate the effectiveness of their senior teams and leaders.

We create extraordinary experiences that help teams get close, get bold, and get going. And we lead inspirational journeys that help leaders reflect, refocus and re-energise around the big moves they need to make.

We also apply our capabilities to a range of special projects. One of these is TrekPrep - a service that helps groups prepare for the toughest of overseas treks.

The Fresh Air Learning Company  
*extraordinary team experiences | inspirational leadership journeys*

"360 Expeditions is delighted to work in partnership with the Fresh Air Learning Company. TrekPrep is a tremendous way to prepare for an adventure of a lifetime!"

Marni Oostra  
Managing Director  
360 Expeditions



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