



## FREQUENTLY ASKED QUESTIONS

### WHERE ARE YOU BASED?

All scheduled courses are run from [The Bear Hotel](#) in Crickhowell. Personal tuition and bespoke events are run by arrangement throughout Wales & beyond.

### HOW DO I GET THERE?

Crickhowell is on the main A40 between Abergavenny and Brecon, with excellent road links to the M4 and M5 corridors. It is also easily accessible via public transport. The nearest railway station is at Abergavenny, and there are bus connections from Brecon and Abergavenny, and thus from further afield. You can get up-to-date information from the [Traveline Cymru](#) website.

### WHAT ABOUT AVAILABILITY?

I offer courses throughout the year, to individuals and groups.

### HOW MANY PEOPLE WILL BE ON THE COURSE?

I work with tiny groups to ensure personal attention – there are never more than 4 people per instructor on my scheduled courses. If you wish to bring a larger group, I will happily work with you by arrangement, and can provide additional guides/instructors if required.

### WHAT ABOUT EQUIPMENT, CLOTHING & FOOTWEAR?

All you need to bring is suitable clothing and footwear, and a small rucksack. I will send you a comprehensive kit list when I confirm your booking. If your course requires specialist equipment, this will be supplied at no extra charge. This includes maps and compasses.

### ARE THERE ANY AGE LIMITS?

I no longer work with persons under 18 years of age unless accompanied by a parent or guardian. However, I set no upper age limit, and positively welcome the more mature young-at-heart!

### HOW FIT DO I NEED TO BE?

Mountain activities are physical pursuits, although I have designed my navigation courses in such a way that they tend to be more mentally strenuous than physically demanding. Whilst you do not therefore have to be super-fit, I advise you to arrive in reasonable shape, if only for your own comfort and enjoyment!

### WHERE CAN I STAY?

There is a wealth of accommodation of all types in and around Crickhowell. A list of those places I recommend is available from my website.

### MY GUARANTEE

I guarantee the highest quality professional training and guiding, with friendly, experienced instructors, in small groups and in superb surroundings. Why not join me for a day or longer? I am sure that, like so many of my clients, you'll want to come back for more!