



CHRISTMAS TRAINING TOUR 2010 – SOUTH WALES

The Christmas tour organisation is well underway, with six areas comprising of some of the best terrain in Britain lined up for training on. This will be the main opportunity to get some proper technical training in to make sure those skills are honed for Varsity in April. If you can't make the whole week, you're welcome to come and go as and when you can, it's always a good fun week regardless of the training!

Programme

Sunday 5 th December	Arrival in Wales
Monday 6 th December	Training day 1: Merthyr Mawr
Tuesday 7 th December	Training day 2: Broughton Burrows
Wednesday 8 th December	Training day 3: Mynydd Llangattwg with possible night event in evening
Thursday 9 th December	Training day 4: Ogof Ffynnon Ddu
Friday 10 th December	Training day 5: Pwll Du with possible night event in evening
Saturday 11 th December	Tour championships: Merthyr Mawr

These days are flexible as to what we do in the evenings and we can make it up as we go along if we want to visit tourist attractions etc.

Sunday 12 th December	Bristol Orienteering Club colour coded event at Headless Hill, Forest of Dean on the way home, then travel back.
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Transport

CUOC will make their way to Oxford, either by the X5 bus or individually. OUOC and CUOC travel together to Wales using Oxford's hired minibuses/cars, which we will then have for the whole week. Travel is around 50 minutes each day to the areas. If you wish to join late/leave early email me (bjw44) and we can arrange which station is the best place to meet.

Accommodation

We will be staying at the South Wales Caving Club bunkhouse, see <http://www.swcc.org.uk/> for details of this.

Cost

Will be determined after the tour once we've seen how much we spend – but accommodation is only £4.50 per night, then transport, food, and map printing costs will be split between us all. It is no guarantee of this year's price, but last year cost was £110. This includes a subsidy from the club for members.

The Orienteering

Six days of training, planned, set up, and coached by ourselves. Plenty of opportunity for contours and running up and down hills!

Here are some map samples:

