



Friog Fun Day Administrative Instructions

As you leave Dolgellau turn left on the A493 for Tywyn, follow this coast road passing through several small villages. After approximately 30 minutes you will pass through Arthog. Shortly after you will notice a sign for Fairbourne on your right, just after that still on your right you will see a Texaco garage, (Norths of Oxford). 500 meters past the garage there is a phone box on your right. Opposite is a narrow lane, turn up the lane and follow it for about another 500 meters when you will see a Sheep Pen (Small enclosure) on your left. There will be a chain and lock around the gate which appears to be locked. Simply unwrap the chain and park in the sheep pen.

Cross the lane and go through the gate and stile opposite. Follow the track up the hill until you see a path going off to your right, take the path which passes under a slate archway, in wet weather there will be a small stream running through it. Continue uphill along a loose slate path so take care. You will pass under another slate archway and continue until you come to a third slate archway with a small stream in it, bear left uphill just before the arch and you will come out in a large flat open area. Your instructors will be waiting at the other side of the flat area by a small group of trees. Allow yourself about 15 minutes to walk from the sheep pen to the activity admin area.

All personal effects including packed lunch and drinks should also be bought up with you from the car park. Please ensure that all gates in the parking area are closed. Do not park in the lane. There is no permanent shelter at this location so please ensure that you have warm and waterproof clothing. Street fashion clothing will not be appropriate, please ensure you have the following.

You Will Need:

- Strong Boots
- Loose Fitting Trousers/Jogging Bottoms or Similar (Not Jeans)
- Warm Shirt (With Long Sleeves)
- T Shirt
- Fleece Top
- Water Proofs
- Swimming Kit
- Towel
- Old Trainers or Sandals

Remember this was a working quarry area so there are steep embankments and cliff edges, so stay on the paths and keep away from edges until guided by your instructor.

If you have difficulty finding us on the day phone Ross on: 07887 620893
Or Clive on: 07866 630123