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# NORTH WALES MOUNTAINEERING SKILLS PACKAGE

24 - 26 MAY

## WEBSITE

[www.cadre-group.com](http://www.cadre-group.com)  
[www.phyzfactory.co.uk](http://www.phyzfactory.co.uk)

## EMAIL

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## CADRE

### ABOUT

Cadre is a team made up of highly experienced professionals, all of which are veterans and mountaineers, each holding qualifications and time served working amongst high performing teams within the military and professional sport settings. Amongst our instructors are current and former Royal Marines Commandos with a vast amount of experience, some of which operating within the Royal Marines Mountain Leader Cadre.

Cadre specialises in developing physical and mental performance whilst using the mountainous environment as it's vehicle to help individuals and groups develop their skillset in key areas including;

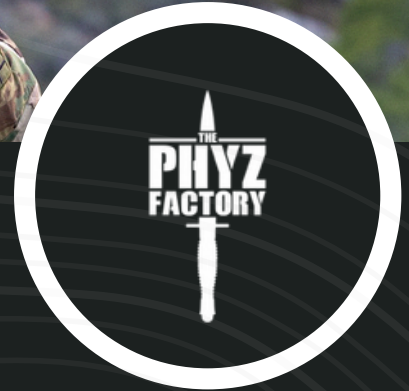
resilience, teamwork, collaboration, communication, confidence, trust, culture, self-belief, stress management, discipline, administration, energy, well-being and enthusiasm.

### OUR OBJECTIVE

Our objective is to give individuals the opportunity to get away from the noise, learn new skills, get out of their comfort zone and return to their professional environment feeling decompressed and ready to take on new challenges.

### OUR VISION

Our goal is to continue to deliver packages and experiences to high-performing teams and organisations who are looking to help their staff come together and operate as a single unit working toward the goal of communicating effectively, thriving under pressure and dealing with challenging environments in a calm and rational manner.



## PHYZ FACTORY

### ABOUT

Phyz Factory, is a hub specialising in holistic performance enhancement. Our team of professional athletes, Commandos, and coaches focuses on unlocking physical potential by integrating the three core pillars of performance: nutrition, mindset, and physical training. We offer a unique collection of apparel and accessories, tailor-made workouts and individualised coaching.

Endorsed by some world leading athletes and successful professionals. Our mission is to help performance-minded individuals and those seeking to improve their overall well-being realise their potential and achieve their performance goals





A person is rock climbing a steep, grey, textured cliff face. The climber is wearing a white t-shirt with a logo, camouflage pants, and a climbing harness with various ropes and gear. A red rope is visible. The background is a vast, rugged rock wall under a cloudy sky.

# ITINERARY

## FOR THE WEEKEND

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# ACCOMODATION





# Arrival

Arrival on Friday 24th May is at 1730.

Address:

**Pen Cuenant Uchaf**  
**Llanberis**  
**LL55 4UW**

What3Words code for the hut:

**Sprinkler.Swells.Mincing**

We will use the first hour to sort kit and equipment as well as organise the parking of cars. Please arrive with your kit packed in two separate bags; one containing everything you need whilst at the accommodation, and the other containing everything you need when out on the hill.

Please arrive having already eaten. After organising cars and kit, we will deliver an important briefing, before teaching some important navigation skills that you will use throughout the weekend.

After this, time is your own. Get to know people in your group, wind down, relax and get an early night before an action packed weekend!





Our North Wales package includes accommodation in an idealic location in the heart of Snowdonia. It has panoramic views of both Snowdon, Llanberis and on clear days you can see as far as the Isle of Man.

It's not only a fantastic location for mountaineering, it also hosts all of the facilities we would need for guiding a group in the mountains. It sleeps up to 18 individuals plus our instructors, has great cooking facilities for large groups, a drying room and a cosy lounge with a log fire.



The accommodation consists of a common room, dining room, kitchen, Male and Female toilets and washing facilities, a shower and a drying room.

The common room is heated by a wood burner, while the rest of the main areas downstairs have electric heaters.

The Kitchen is equipped with a gas cooker, cooking hobs, microwave ovens and sinks. There are also fridges, kettles and toasters.



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There are plenty of crockery, pans, utensils, cutlery, tea pots, caffetieres etc in the kitchen. All sinks are served with hot water heaters.

### **Sleeping**

A split dormitory upstairs can accommodate up to 18 guests on a combination of individual beds and alpine style communal mattresses. We also have a smaller member's dormitory that sleeps up to 4 people.

**Sleeping bags or duvets and pillows are required.**





# QUARRY DAY

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## Quarry Day

We will head into a nearby quarry approximately 15 minutes drive from the accommodation for a quality day of climbing and abseiling.

The quarry we will climb within is an incredible location, something from a another planet.

It acts as the perfect venue to gain a sense of adventure and develop climbing and abseiling skills along with getting out of your comfort zone.

Learn and develop trad climbing, rope management, belaying, clearing protection and navigating difficult terrain.





# SCRAMBLE

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## Scramble

During the package we will also ascend one of the most iconic peaks in north wales by climbing / scrambling in order to bring a greater sense of adventure than what would typically be experienced by simply hiking / yomping it.

It'll be a lot of fun and arguably playful as you will have the opportunity to choose your own route, assess risk and challenge your capabilities.



# ABSEIL

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## ABSEIL

We will also rig a 50 metre abseil at a location surrounded by incredible views.

A great opportunity to get out of your comfort zone, experience a rush of adrenaline and excitement as well as a huge sense of achievement.

Abseils are typically used in the mountaineering community as a means of escaping challenging terrain in an emergency, but it is also an incredible way of adding a greater sense of adventure to the weekend and helping you learn to manage stress and pressure.





# NAVIGATION

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## Navigation

Throughout the weekend you will be taught a number of essential navigation skills, and given the opportunity to put them to practise during your time with us.

You will leave feeling much more confident with navigation and leave with a series of skills that'll give you confidence when out on the hills alone or with friends and family.

We will look to cover aspects such as; grid references, bearings, pacing, timing, reading terrain via features on the map, rescutions, catching features, aiming off, boxing and more





# MINDSET

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## Mindset

Back at the accommodation, Cadre & Phyz Factory instructors will also host a number of lectures on developing a robust mindset and mental resilience.

The interactive lectures will provide you with a series of actionable steps that you can take away with you and implement the moment that you return home...

... ensuring that you move forward with clarity, a clear sense of direction and a better understanding of how to remain consistent, accountable and that your actions and behaviours continue to align themselves with the person you aspire to be.





# Food

**We will be providing your breakfast on the Saturday and Sunday morning, as well as your evening meal on the Saturday night.**

All you need to bring is what you intend on eating / drinking on the hill during the Saturday and Sunday. Please come prepared by bringing this with you on the Friday. There is a spa shop in the village approx 1km walk away, as well as an Asda service station approximately 15 minutes drive from the hut. However, time will be tight throughout this weekend and therefore we recommend you come prepared.

Cooking facilities at the hut include gas hobs, microwaves, ovens, kettles and grills. There are also plenty of utensils, cups, glasses, cafetières, cutlery etc.

When it comes to food for the hills, we tend to pack items such as Jerky, Sushi, Cooked meats, Cheese and Fruit. We would also recommend the products from EnduoSports. These sachets are great to graze on throughout the day and provide plenty of fuel in the form of glucose, fructose and medium chain fatty acids

Visit their [website](#) and use the code **CADRE15** for discount

We recommend you bring a thermos flask so that you can have a hot drink to hand at all times.



# Kit list

Any specialist kit will be provided, but as a minimum we want you to bring the following with you.

## Mandatory

- Daysack (20-30 litres)
- Waterproof Jacket / Shell
- Comfortable walking trouser
- Walking boots / approach shoes
- Quality socks
- Base layer (**not cotton**)
- Mid layer / fleece
- Outer layer / warm jacket
- Beanie / Winter hat
- Buff
- Gloves
- Basic First Aid Kit (Plasters, Blister Plasters, Pain Killers, foil blanket)
- Lip balm
- Spare shoe laces
- Whistle
- Phone (fully charged)
- Water (2 litres minimum)
- Thermal flask to carry hot drink
- Head Torch & batteries
- Rucksack liner / dry bags
- Any medication you need
- Underwear for both days

We highly recommend the kit from Jottnar. It cannot be beaten on quality and is specifically designed for the alpine environment, unlike most outdoor brands that prioritise fashion over function.

The image shows a close-up of a dark, textured fabric, likely a piece of outdoor gear. In the lower right corner, the brand name "JÖTTNAR" is printed in a light-colored, serif font. Above the text is a small, stylized logo consisting of three upward-pointing arrows or a mountain peak shape.





# Kit (cont'd)

We are proud to offer you 20% discount on all Jottnar products!

Visit the [Jottnar website](#) and use the code:

**JTTR24CDRGP**

## Ideal but not mandatory:

You don't need to bring any of the following items, but you are welcome to should you already have them:

- Gaiters
- Walking poles
- USB charger / power bank
- Gas burner / stove
- Gas
- Waterproof trousers
- Ordnance Survey Map OL17
- Silva compass
- Mechanical pencil to mark your map
- Ortlieb map case
- Harness
- Helmet

## Footcare

Whether you have a history of blisters or not, this [video](#) will help you prep your feet



# Final note

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This trip is about you. Its about getting away from the ordinary work and family obligations. Its about having fun, learning new skills, developing confidence, testing your boundaries and using the outdoors as a means of decompression and enjoying yourself.

Please ask questions. Please feel free to tell us if there is anything else that you'd like us to cover outside of that which has been proposed in this document. Speak up...

... that goes for the time running up to the event also. If you need any help or want more clarity, then just reach out.

We will set up a WhatsApp group for the package nearer the time of the event. Just drop a comment in the group and we'll get back to you as soon as we can