



Participation Statement

The Black Mountain Guided Walk

With Numinous Outdoors



Introduction

Thank you for booking onto The Black Mountain guided walk. We will explore the highest tops of the Black Mountain area including Fan Brycheiniog (802 meters) and the clear waters of Llyn y Fan Fach. The route passes a fresh water fish farm, forgotten quarries and sheepfolds, waterfalls, cairns and a bothy which is useful to us on a rainy day.

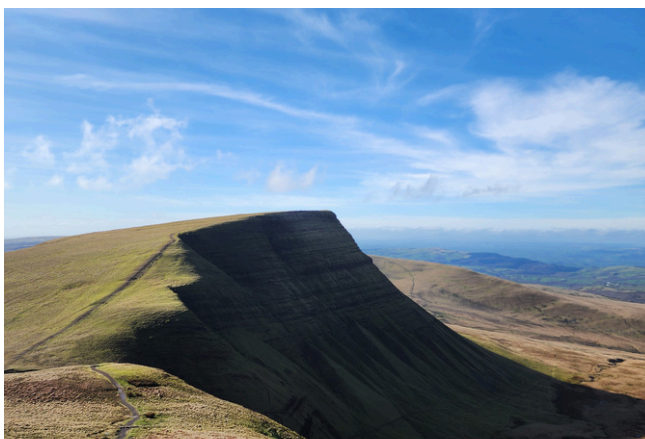
Where to meet

We will be meeting at the Llyn Y Fan Fach car park. Llanddeusant **SA19 9UN**, Grid ref SN799 237

Please arrive for the time stipulated on the booking form

More Information

www.numinousoutdoors.co.uk



How to get to Llyn Y Fan Fach Car Park: Postcode SA19 9UN

If approaching from the West follow the A4069 until you get to Pont-ar-llechau. If you are approaching from the North turn left following signs for Llandduesant / Trecastle (turn right if approaching from the South). There is also a Red Kite arrow which is a handy marker. Follow Pont Crynfau road for 1.9 miles until you get to Twynllanan. At Twynllana turn right (Sign for Llangadog) and then immediately left (Sign for Llyn Y Fan). Continue straight through Llanddeusant for two miles until you reach another sign on your left for Llyn Y Fan. Follow this over lots of speed bumps until you reach a cattle grid. Go over the cattle grid onto a dirt track for 500m until you reach the parking area on your right.



The Black Mountain Guided Walk

The Walk...



Itinerary

The walk is generally 4.5-5.5 hours long

The timings for the day are as follows:

- meet and greet
- safety briefing
- depart for Fan Brycheiniog
- arrive at the Trig Point
- begin return journey
- arrive back

Your guide

This event is being led by Tom Savory, a qualified Mountain Leader. Tom works full time guiding in south wales and has over 5 year's experience leading groups. He lives in Swansea and works delivering a range of adventurous outdoor activities. Tom has spent a lot of time in the Beacons delivering walking experiences for corporate events, Duke of Edinburgh Awards and training Army recruits. His role is to ensure that the day runs as smoothly as possible.



Booking forms and medical information

Our insurance requires a completed booking form for EVERY individual who is attending. This information is collected when the booking is made, however if there is any new information to disclose can you make sure to tell us on the day before we start the activity.

Under 18s

Under 18's MUST have one of their parents attending to ensure we comply with the Adventure Activities Licensing Regulations 2004. We will not be legally allowed to take any under 18's who do not have a parent with them.



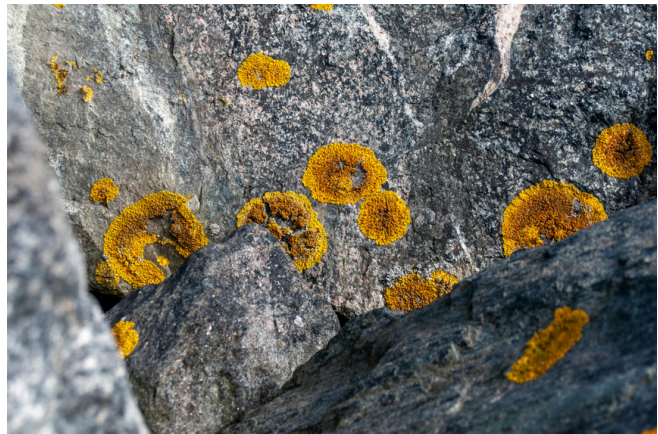
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More about the Walk...



The track

The track starts off gently as we head towards the source of the Usk passing a Stone circle. We can continue around to Llyn y Fan Fawr or head directly up to Fan Foel (considerably steeper). Either way we will end up on Fan Brycheniog for a snack in the Cairn by the trig point, a chance to take some spectacular photos. From the trig point we will follow the Beacons Way west over Picws Du with the ground dropping away to the north overlooking Llyn Y Fan Fach. On a clear day you can see across to the Preseli hills in Pembrokeshire and the Bristol Channel. We will reach shores of the Llyn for another snack break and chance to explore inside the mountain bothy. From Llyn Y Fan Fach we will drop down the gravel track to the car park. The use of walking poles (if you are used to using them) will help with balance over some sections of the walk and stiff walking boots will reduce the chances of twisting an ankle. Although large parts of the walk are on well trodden footpaths there are sections which require care, particularly on steeper sections. To mitigate this please make sure you have the correct equipment as specified in this document.



**Distance: 6.8 miles (11km)
(there and back) Ascent: 624
metres Time: Approximately
4.5 hours (there and back)**

Although this is an achievable day out for many, there are instances where we will have to turn around early to ensure we return on time. There are lots of options to lengthen or shorten the route to tailor the day to the groups needs / interests.



The Black Mountain Guided Walk

Safety



Walking safety

Adventurous walks such as this carry an inherent risk that we accept when we participate in them. We can reduce these risks by doing the following:

- Ensuring that you are fit, active and well enough to participate.
- Ensuring a good night sleep, the night before.
- Being well fed and hydrated before leaving in the morning.
- Ensuring that a slow and steady pace is maintained throughout the trek.
- Ensuring that we stay fed and hydrated throughout the day.
- Ensuring that we are wearing the appropriate footwear and clothing.
- Following all instructions given by the safety team.



Mountain Weather

Mountain weather can be very changeable and due to the lack of protection we usually feel the full effects of any wind, rain, sun and extreme temperatures. Particularly from the Autumn till late spring we can encounter large amounts of rainfall which makes stream crossings more hazardous. By having the right equipment as listed above, we can still attempt the walk in poor weather which will add to the challenge. However, should we consider the weather to have an overall effect on the safety of the day then we'll need to revise the plan accordingly. Our decisions will be final as we consider the safety of everyone participating.



EQUIPMENT – WHAT TO BRING

We will be out for the whole day, therefore making sure you have the right equipment and supplies is vital to your safety and well-being. We will be unable to allow anyone to participate in the activity if their equipment is not adequate or items are missing.

Please ensure you have ALL of the following:

Item	Got	Packed
Firm, high ankle supported walking boots		
Walking socks		
Walking trousers (not jeans please)		
Base layer/t-shirt		
Fleece/warm jacket		
Additional fleece (recommended below 15 degrees)		
Water proof jacket (with hood)		
Water proof over trousers		
Warm hat and gloves		



EQUIPMENT – WHAT TO BRING



Item	Got	Packed
Sun glasses, sun hat, sun cream		
Water proof rucksack liner or bin bag		
Lunch and snacks for the whole day		
Drinking water (around 2 litres)		
Rucksack with a waist belt (large enough to carry everything)		
Phone or camera for photos		
Personal first aid kit plus any medication required (if you have an epipen or asthma pump please can you bring your spares as well)		
Walking / trekking poles (recommended)		



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Leaving only footprints...



Sustainable tourism

The Black Mountain quite often gets mistreated with litter being left and damage to paths. We need to have a healthy respect for the environment we are travelling through so please consider your impact throughout the day. Litter: We must carry out ALL litter and not dispose of anything (including any form of food waste) during the walk.

Wildlife: There are ground nesting birds and lots of livestock in the area. We must make sure that we only leave footprints and avoid disturbing the wildlife and habitat as we pass through it

Livestock: Do not disturb any livestock that may be grazing on open access land.

Enjoyment

Finally, let's make sure we enjoy our experience on The Black Mountain. It's a spectacular part of Bannau Brycheiniog (Brecon Beacons) which on a clear day boasts some of the most incredible views in the area. Take time to speak with others in the group and get to know who's in the team. Take lots of photo's, video clips for the memory bank.

I look forward to meeting you soon and please do get in touch should you require any further info.



Last minute shops?

The following outlets are ideal for purchasing equipment from. Should you require any advice then please don't hesitate to get in touch.

<https://www.mountainwarehouse.com/>
<http://www.gooutdoors.co.uk/>

www.numinousoutdoors.co.uk