

Sample Programme for Gold Qualifying (French Pyrenees).

Arrival Day- Fly out from Stansted. Arrive at Perpignan or Carcassonne. Maes y Lade will meet group at the airport with minibuses.
Induction to the Mill.

Day 2: Acclimatisation Day. (In Local area).
Evening: Issue of expedition kit, emergency procedures. Pack for expedition.

Day 3: Travel to the Pyrenees.

Day 4: Start Expedition. (All groups will be checked throughout the day, this maybe pre-arranged, and seen into camp. In bad weather MYL staff will shadow group from a distance). Evening: Camp.

Day 5: Second day of Expedition.
Evening: Camp.

Day 6: Third day of Expedition.
Evening: Camp.

Day 7: Final day of Expedition.
Travel back to the Mill.

Day 8: Activity day, or cultural experience.

Day 9: Activity day, or cultural experience.

Day 10: Travel to airport, fly back to Stansted.

Activities and Cultural Experiences.

Activities:

White-water rafting.

Hydro speeding.

Canyoning.

Climbing.

Swimming.

Cultural Experiences:

Day in the walled city of Carcassonne.

Coastal Days.

Day in Barcelona.