

Beginners Navigation for Women Holiday in the Brecon Beacons

Destinations: Brecon Beacons, United Kingdom & Wales
Trip code: BRNVW-3
Trip Walking Grade: 2



HOLIDAY OVERVIEW

There's an art to navigating the outdoors that goes beyond mastering a GPS tracking device and loading a smartphone app. The National Navigation Award Scheme (NNAS) Bronze Navigator Award is designed for beginners who are seeking to improve their navigation skills and build confidence in the outdoors. Upon successful completion of the course, you'll be able to plan and follow your own countryside walks, with a good understanding of safety, weather, kit and judgement of time and distance. This holiday is exclusively for women and no previous experience of navigating with a map and compass is required.

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Registration with the NNAS

HOLIDAY HIGHLIGHTS

- Having the chance to complete the NNAS Bronze Navigator Award
- Learning basic navigation skills through practical indoor and outdoor exercises
- The expertise of a knowledgeable and experienced tutor
- Joining a group of like-minded women
- Staying at Nyfth House, our country house in Brecon
- A more personalised experience thanks to small group sizes (maximum 8 people to 1 leader)

TRIP SUITABILITY

While these aren't walking holidays as such, it's essential that you have a level of fitness that will allow you to enjoy your experience to the fullest. Please prepare to be on your feet and outdoors for most of the day (usually 6-7hrs). You will cover anything up to 5 miles over the course of a day.

ITINERARY

Day 1: Arrival Day

You're welcome to check in from 4pm onwards. Enjoy a complimentary cream tea on arrival. After tea meet your leader and have a course introduction.

Day 2 - 3: Navigation Days

Our days will be spent working through a range of practical indoor and outdoor exercises that will help us cover the Bronze Navigator Award Syllabus:

- Navigate using a variety of maps and scales.
- Use 4 and 6 figure grid references with worded descriptions to define the position of a map feature and to locate a feature on the ground.
- Orientate the map using handrails, obvious point features and major landforms.
- Use linear features (e.g. paths, tracks, clear boundaries) as handrails in simple navigation exercises.
- Relate prominent landforms such as large hills and valleys to corresponding contour information on the map.
- Orientate the map by aligning a compass needle against grid north and be aware that magnetic variation causes an inaccuracy.
- Use an orientated map to confirm the direction of travel.
- Use clearly identifiable features to confirm position along the route and to recognise when the target has been overshoot.
- Measure horizontal distance on the map and estimate distance on the ground using timing, pacing and simple visual judgements e.g. 100m.
- Plan and implement simple routes and navigation strategies based on the above skills.
- Recognise a navigation error within a few minutes and apply simple relocation techniques using handrails and prominent features.
- Be aware of the use of mobile phone location apps as a back up to map and compass and in emergencies.
- Demonstrate an awareness of local and national access issues, access legislation, personal responsibilities, the Countryside Code and sustainability.
- Demonstrate appropriate knowledge of walking equipment, safety equipment and emergency procedures.

If you would like more information about what you will learn on a Bronze course please read these [Participant Notes](#)

You will be outside for parts of the course and there will be some standing around outside so please bring warm clothing with you. You can expect to walk between 2 to 4 miles each day.

The course includes map work exercises and walk planning in the evenings. Maps will be provided for use during the course but you will need to bring a compass we recommend a compass which has a baseplate, 360 degree protractor, map measuring features, plus scales of 1:25k and 1:50k an example compass is the Silva Expedition 4.

Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Nythfa House

Not many places in the UK outshine Brecon Beacons (Bannau Brycheiniog) National Park when it comes to wide open spaces and soul-stirring views. So it's easy to see the appeal of this charming property that plays a harmonious host to those seeking respite in the Welsh market town of Brecon. You'll also be within easy distance of some of the area's show-stealing spots, including the Black Mountains, the Mellte Valley, and Pen y Fan - the highest point in the national park at 886 metres. Equally visit-worthy is the Big Pit National Coal Museum in Blaenavon, the National Showcaves Centre for Wales in Abercrave, and the bibliophile's paradise that is Hay-on-Wye. Should time allow, Hereford and Cardiff are both an hour's drive away.

Country House Accommodation

Rooms

Designed with your comfort in mind, Nythfa House has 31 well-appointed guest rooms available in three categories: Classic, Premium, and Superior.

Classic rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a TV.

Premium rooms are more spacious en-suite guest rooms*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

Superior rooms are even more spacious en-suite guest rooms offering upgraded views of the surroundings*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

We love: Rooms 6 and 7 in the main house both have gorgeous views across the garden and the Brecon Beacons. Room 21 is up in the eaves and has a separate seating area (please be mindful of the low ceilings). The garden guest rooms are very pretty and have their own small deck.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

Check in & check out

You are welcome to check in from **4:00pm at the earliest**. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

Room supplements

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

*Views and layout reflect each properties unique character and location

About Your Stay

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, the HF Holidays Big Pub Quiz held after dinner on Wednesdays is a weekly staple. Your HF Holidays Leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays Leaders host guided walking information briefings before dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Food & Drink

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licensed bar with beers, soft drinks, and a superb selection of spirits. Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Nythfa House](#)

TRAVEL DETAILS

Address

Nythfa House
Brecon
Powys LD3 7NN

Tel: [+44 \(0\)1874 624287](tel:+44(0)1874624287)

By Train

The nearest station is Abergavenny, from here you can take a bus or taxi to Brecon (see details below).

Check National Rail for train times and routes.

By Taxi

The 21-mile journey from Abergavenny railway station takes 40 minutes to one hour.

For pricing, please contact A&A Cabs directly.

A&A Cabs

You can pre-book a taxi from our recommended company, A&A Cabs*. We recommend booking your taxi at least seven days in advance by contacting:

Tel: [+44 \(0\)1874 622288](tel:+44(0)1874622288)

Email: aandabrecon@yahoo.ie

A return journey can be arranged on your behalf by the HF Holidays House Manager at Nythfa House.

*A&A Cabs is not owned or managed by HF Holidays.

By Bus

The X43 bus operates from Abergavenny station to Brecon and takes about an hour. The most convenient bus stop for Nythfa House is the bus interchange in Brecon.

For bus times check Traveline.

By Car

The A40 from Abergavenny and the A470 from the northwest converge at a roundabout on the Brecon bypass.

At the roundabout, follow the B4601 into Brecon. Turn right at the second mini roundabout on to Heol Gouesnou road. Drive straight over another mini roundabout and go straight on at the traffic lights. Turn right into Mount Street, then take the second left into Belle View Road. At the top of the road, go straight ahead up the drive to Nythfa House.

By Air

The nearest airport is Cardiff.

Catch the 905 bus service to Rhoose Railway Station bus stop. Take the train from Rhoose Cardiff International Airport to Cathays Station and walk 10 mins to Merthyr Tydfil Bus Station. From here take the T14 bus to Brecon. You'll need to allow up to 3.5 hours.

An alternate option is to fly to Heathrow airport. Take a train to London Paddington Station, where there are trains to Abergavenny (with one change at Newport). Here you can take a bus or taxi to Brecon.

LOCAL AREA

Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Nythfa House.

Brecon

Located at the top edge of Brecon Beacons (Bannau Brycheiniog) National Park, this market town is most famous for its military connections, magnificent cathedral, and jazz festival. If time allows, take a scenic cruise from Brecon along the Monmouthshire and Brecon canal.

Langorse Lake

Just east of Brecon between the Central Beacons and the Black Mountains, this is the largest natural lake in Wales. It's also a popular wildlife-watching spot so keep your eyes peeled for otters, water voles, warblers, swifts, and large flocks of Canada geese.

Big Pit National Coal Museum

Set in the Blaenafon Industrial Landscape and designated UNESCO World Heritage Site, this former working coal mine once employed up to 1,300 workers. Nowadays it has award-winning interactive exhibits as well as an underground tour. It's only a 45-minute drive away.

Hay-on-Wye

A 30-minute drive away, this literary-loving Welsh town on the banks of the River Wye charms with second-hand bookshops, medieval ruins, and stunning surrounding scenery. The annual Hay Festival takes place for 10 days from the end of May to the start of June.

Hereford

An hour's drive away, this attractive cathedral city is home to the famous Mappa Mundi, a medieval map of the world dating from the 1300s. Further highlights include the Chained Library, the Black and White House Museum, and the life-sized Hereford Bull Statue.

National Showcaves Centre For Wales

Home to a series of impressive show-caves, this top-rated attraction is a 30-minute drive away. Highlights include exploring the Dan-yr-Ogof cave, walking behind the 40-foot waterfall in the Cathedral Cave, and discovering how the Bone Cave got its name.

Tretower Court & Castle

This two-in-one architectural wonder located near the village of Crickhowell is a 20-minute drive away. Highlights include strolling around the recreated 15th century garden complete with white roses that symbolised creator Sir Roger Vaughan's Yorkist sympathies.

Cardiff

An hour's drive away, the Welsh capital of Cardiff warrants a visit for its cultural and historical thrills. Highlights include St. Fagan's National Museum of History, Castell Coch, Cardiff Castle, and Cardiff Bay.

Brecon Mountain Railway

This heritage line follows part of the route of the original Brecon & Merthyr Railway which closed in 1964. The 90-minute journey heads north from near Merthyr Tydfil into Brecon Beacons (Bannau Brycheiniog) National Park, passing a large reservoir as it climbs up to Torpantau station.

USEFUL HOLIDAY INFORMATION

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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