

# Brecon Beacons Fan Dance Challenge Holiday

**Tour Style:** Adventure Walks

**Destinations:** Brecon Beacons, United Kingdom & Wales

**Trip code:** BRCHA

**Trip Walking Grade:** 6



## HOLIDAY OVERVIEW

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Our Beacons Challenge, most famously known as 'The Fan Dance' has been part of the SAS and SBS selection process for over sixty years and is the world's oldest known special forces test. We've created a version of this classic challenge that is similar to the original Woodhouse route. Have you got the mettle and stamina to complete three completely different loops down, up and around the formidable summit of Pen y Fan?

## HOLIDAYS HIGHLIGHTS

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- Complete a real challenge to be proud of
- Hike a route similar to that of the SAS and SBS selection process
- Head out on a stunning warm-up walk to discover the varied beauty of the Brecon Beacons on foot
- Admire panoramic views of rolling countryside and valleys, wide open hillsides and wildly beautiful forests in this spectacular corner of Wales
- Evenings in our country house where you can share a drink and re-live the day's adventures

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## TRIP SUITABILITY

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This trip is graded challenger - You must be an experienced hillwalker with a head for heights, and able to manage a full day out which will likely start early and finish late. The other day of this break will get you in the mood for the challenge ahead, or provide a gentle pace for warming down after this epic adventure. We may swap the days around at short notice to take advantage of a favourable weather forecast.

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## ITINERARY

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### Day 1: Arrival Day

You're welcome to check-in to your room from 2:30 p.m. onwards (upgraded rooms from 1 p.m.) Please join us for afternoon tea where you can meet your leader and get ready for the challenge ahead.

### Day 2: Warm Up Walk

**Distance:** 12 miles (19.5 km)

**Total Ascent:** 720 feet (2,400m)

Our warm-up walk gives our legs a good stretch, taking us into wild countryside in the western half of the national park. Our route takes us on a discovery of the Wellington aircraft wreck, and Sinc Geidd where the river can be seen disappearing underground, before we head down to end our walk at the Tafarn y Garreg Inn.

### Day 3: The Fan Dance Challenge

**Distance:** 20½ miles (33km)

**Total Ascent:** 5,750 feet (1,750m)

After a full and hearty breakfast, we will make an early transfer to the iconic 'red phone box' to start our first ascent of Pen y Fan. From here we maintain the direction of the modern route down Jacob's Ladder and to the roman road to Torpantau. We then about turn and head for the Graig Fan Ddu ridge and back up to the summit. The next loop is north bound, descending the Cefn Cwm Llwch ridge to the site of the old army camp at Cwm Gwddi before returning to the summit via Cwm Llwch and the obelisk. Our final descent, with heavy legs, is down the tourist path to the A470 and our awaiting transfer back to the house.

### Day 4: Departure Day

Enjoy a final breakfast before making your way home.

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## ACCOMMODATION

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### Nythfa House

Pretty country pile Nythfa House stands above the traditional mid-Wales market town of Brecon and sits within easy reach of the Brecon Beacons National Park. Having spent its early life as a large private house, the building has been converted into a comfortable country hotel. The interiors look like they've evolved naturally

over time, staying rooted in the local area and house architecture while being filled with contemporary furniture and colours. As well as 28 rooms and a range of public spaces and an inviting indoor pool to tempt you, there are pretty grounds and a short walk to the streets of Brecon itself. The contrasting countryside close by provides challenges including sweeping ridges, an ascent of the Black Mountains and scaling Pen-y-Fan as well as more subtle strolls through the river-carved landscapes of the Melte Valley, along the trail of a series of awesome waterfalls, or time dawdling through the second bookshops in Hay-on-Wye.

## Matchless Country House Accommodation

### Accommodation Info

### Rooms

*Tea & coffee-making facilities, TV, Hairdryer, Toiletries, Wi-Fi*

Stay in the smartly presented rooms in the main house or in one of the handful of garden rooms across the grounds. With 28 rooms, Nythfa House has plenty of space and there's a range of Good, Better and Best Rooms to choose from. Opt for Rooms 6 or 7 in the main house for delightfully decorated, spacious places to stay, each with sumptuous views over the garden and Brecon Beacons. Room 21 is a quirky 'Better' room up in the eaves, with a separate sitting space and cosy bedroom, just mind your head on the low ceiling. Look out for the fresh floral designs in the pretty garden rooms too, which have their own small deck.

*All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' and 'Best' Rooms that are either larger or have a desirable view, a more luxurious mattress, larger television, enhanced toiletries and a fluffy bathrobe & slippers – upgrade your stay for just an extra £15-20 per person per night. You can choose a specific room for an extra £30 per room, subject to availability. Upgrade supplements still apply.*

### Facilities

*Free Wi-Fi, boot room and drying room, extensive garden, indoor swimming pool, lounge, library and board games to borrow*

After a day exploring cascade country or the Beacons, come back to the house and its specially tailored walkers' facilities. At the front of the house there's a pretty garden to pause in, with a putting green and croquet lawn attached. Duck into the conservatory to enjoy views out over the gardens from under the twisting branches of an old vine. Across the way in a separate building is a good-sized indoor swimming pool with floor-to-ceiling windows at one end. Whether you relax in the lounge, or get together with other guests for a board game or great conversation, make sure to make time for the cosy bar, and try a dram of award-winning whisky from the local Penderyn distillery, which uses water from the Brecon Beacons National Park. There's also a Welsh gin that's wonderfully well regarded.

### Food & Drink

As at all our country houses, holidays are full board, from afternoon tea served as a welcome treat through that evening's meal to a hearty breakfast on the day of departure. Lunch is a chance to stock up on our famous picnic snacks. Food at Nythfa House is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the dining room in the converted barn hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours. Make a beeline for the big bay window table to try Cawl Cennin, a leek broth, served with a Welsh Rarebit finger, followed by Tatws Pum Munud, a sort of Welsh stew, or double roasted Welsh lamb. The kitchen offers up an Asian influence as well courtesy of the towns Gurkha community, and you might enjoy Nepalese momos (dumplings) or fillet of sea bream marinated with Nepalese spices for an alternative take on local tastes. Whatever, round your evening off with South Wales marmalade sponge with lashings of Penderyn whisky custard.

## Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865

## Travel Details

Our address is: Nythfa House, Brecon, Powys, LD3 7NN

### By Train:

The most convenient railway station is at Abergavenny. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

### By Taxi:

The 20 mile journey from Abergavenny railway station takes approximately 45 minutes. Pre-booked taxis cost approx £35 per taxi. Details of our current recommended taxi company and rates will be sent to you with your final dispatch documents, four weeks before departure. The return taxi journey can be arranged on your behalf by the Nythfa House Manager.

### By Bus:

The X43 bus operates from Abergavenny station to Brecon. Alight at the bus interchange in Brecon. Facing the road, head left along Heol Gouesnou to the traffic lights. Turn right heading uphill along Cerrigcochion Road for around 70 yards, and then turn left into Belle Vue Gardens. Head along the road and turn right at the T-junction (still Belle Vue Gardens). Head up the road to another T-junction and turn left into Cerrigcochion Lane. Walk for about 15 yards and you will see the Nythfa House sign on your right. For bus times see [www.traveline.info](http://www.traveline.info)

### By Car:

Most guests approach Brecon via the A40 from Abergavenny or the A470 from the northwest. These two roads converge at a roundabout on the Brecon bypass. At the roundabout follow the B4601 for a mile into Brecon. Turn right at the second mini roundabout, then go straight on at the cross roads with traffic lights. After 500yds turn sharp right into Mount Street, then second left into Belle View Road. Stop at the top of the road at the T Junction then go straight ahead up the drive to Nythfa House.

## Travelling From Overseas

For most guests, travelling to London Heathrow airport is the most convenient option.

From Heathrow first take the train to London Paddington station. From here there are trains to Abergavenny (1 change at Newport) - allow 3 to 3½ hours. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

From Abergavenny you can travel on to Brecon by bus or taxi (see above).

## Local Area

During your stay at Nythfa House you may enjoy visiting the following places of interest, either in your free time, or on your journey to and from Brecon:

Brecon is a quaint market town at the foot of the Brecon Beacons; an area of sweeping high moorland, and

beautiful green valleys. The town has a good range of facilities including shops, supermarkets, post office, chemists, banks, pubs and cafés. During your stay you may enjoy visiting Brecon Cathedral or take a scenic cruise from Brecon along the Monmouthshire and Brecon canal. [www.breconcathedral.org.uk](http://www.breconcathedral.org.uk) or [www.dragonfly-cruises.co.uk](http://www.dragonfly-cruises.co.uk)

## Big Pit Mining Museum

Travel underground at the excellent Big Pit museum in Blaenavon and discover the life of a South Wales coal miner. Blaenavon is around 45 minutes' drive from Brecon. [www.museumwales.ac.uk/en/bigpit](http://www.museumwales.ac.uk/en/bigpit)

## Hay-on-Wye

The quaint small town of Hay-on-Wye is about 30 minutes' drive from Brecon, and can also be reached by bus every 2 hours. The town is now famed for its annual literary festival, and extensive selection of second-hand book shops.

## Hereford

Hereford is an attractive city, around an hour's drive from Brecon, whose cathedral houses the famous Mappa Mundi, a 12th century map of the world. [www.herefordcathedral.org](http://www.herefordcathedral.org)

## Dan Yr Orgof Caves

An impressive show-cave, one of the largest in Europe, with fine stalactites and stalagmites. The caves are around 30 minutes' drive from Brecon. [www.showcaves.co.uk](http://www.showcaves.co.uk)

## Tretower Court

Located near the village of Crickhowell, about 20 minutes' drive from Brecon, Tretower Court is a fine Medieval fortified manor house. [www.cadw.wales.gov.uk](http://www.cadw.wales.gov.uk)

## Cardiff

The vibrant Welsh capital of Cardiff is also around 40 miles or 1 hour's drive from Brecon. A visit could include the St Fagan's National History Museum, Castell Coch, or the National Museum. [www.visitcardiff.com](http://www.visitcardiff.com)

Tretower Court image © Crown copyright (2016) Welsh Government, Big Pit image ©Big Pit National Coal Museum

## About

Hill/Moorland Country House • 28 Bedrooms • Open March to November & Festive Period • Standard check-in from 2.30pm • Free Parking on site • Free Wi-Fi throughout • Walkers' Facilities including Boot Room & Drying Room • Discovery Point with route guides and maps • Indoor Swimming Pool

## USEFUL HOLIDAY INFORMATION

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### Food & Transport

The cost of all transport to and from the walks is included in the price of your holiday.

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## What To Bring

### Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

### Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent
- Sun hat
- Sunglasses
- Sun cream
- Camera

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

### ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

## **MANAGE MY BOOKINGS**

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## **YOUR FINAL BALANCE**

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## **TRAVEL INSURANCE**

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## **PEACE OF MIND**

### **ATOL:**

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## **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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## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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