



'THE FAN DANCE'

(Pen y Fan Challenge)

North Ridge Adventure is proud to offer you this unique opportunity.

If you have ever wondered what does it feel like to be a special forces candidate, and just what sort of reserves of energy and determination you could call on, then this is an experience not to be missed.

The Fan Dance takes place over Pen y Fan, the highest peak of the Brecon Beacons and this event replicates one of the first big hurdles for many recruits.

It will be run under the supervision of a qualified Mountain Leader according to the standards of the British Mountaineering Council and the Mountain Leader Training Association.

The highest priority will be afforded to safety whilst still enabling clients to really enjoy the experience of being tested in the hills. Because of this we will vary the conditions under which we operate, according to the weather and group.

Our Directing Staff may include ex-SAS and other military personnel in addition to our civilian instructors- their decision on all matters will be final. Your insurance depends on this rule being adhered to.

Expect To Test Yourself

We can only encourage you so far, so remember doing it for real you could be carrying a Bergen of 55lbs (or more!) webbing, ammunition (heavy) plus a weapon – How about a stretcher, or some jerry cans of water?

Obviously on this civilian experience there will be no weapons, and the weight you carry is for you to decide although a guide weight is 35lbs.

We may suggest additional items in order to 'spice up' the challenge. *Please be sensible and take good care of your back and knees.*

Start point will be communicated prior to course commencement

Starting times and detailed instructions will be given on the day

And please remember, because you chose to do this of your own free will.....as the saying goes:

'If you can't take a joke, you shouldn't have joined!'



Minimum Equipment required (at all times of year)

Good boots suitable for 3 season Hill walking in all conditions

Full Waterproofs with hood

Fleece Jacket, Walking trousers or combats (no jeans), Warm Hat and Gloves

Compass – preferably Silva Type 4 'Expedition'

1st aid kit and any personal medicines etc you may need.

Survival bag

Map – ORDNANCE SURVEY LANDRANGER Sheet 160 (Scale 1:50:000)

Waterproof Map Case

Whistle.

Food

Water bottle. Min 1 Litres

IMPORTANT:

Dress for this event is civvies as the course runs over ground regularly used by the Army. Military bergens (rucksack) are recommended however. Second hand bergens are available from Army Surplus stores alternatively we stock the robust and well priced Web-Tex range of bergens.

Course Outline

This is a speed endurance event which will take place over rough hill terrain and which will be timed. It requires navigational competence. We are happy to provide generous discounts if you require additional training prior to the event.

The event will start from approximately 10:00.

Candidates will be started individually at intervals if we are convinced you have the experience necessary to go alone. Those candidates with less experience will be started in groups. An instructor may accompany you for some or all of the way, in a safety capacity only.

You will carry sufficient equipment in the interests of safety.

Cost

The cost for this unique and memorable experience is only £90 per person.

You are strongly advised to take out personal insurance before entering this event