



Useful information from the Wales Expedition Network on Mid Wales

Welcome!

For more information, please contact the Wales Assessor Network Administration Officer:

Beverley Williams-Pugh
Wales Assessor Network Administration Officer
Swyddog Gweinyddu Rhwydwaith Asesu Cymru
(P/T: Monday/Tuesday/Wednesday/Thursday)
(R/A: Dydd Llun/Mawrth/Mercher/Iau)

The Duke of Edinburgh's Award
Wales / Cymru

E: Walesexpeds@dofe.org
T: 01874 623086

The Mid Wales Expedition area comprises mainly of the Cambrian Mountains, stretching from Machynlleth as its Northern tip, to Llandovery at the Southern end, with wild country and expedition terrain from near the border to the coast, amounting to one of the largest wild country expedition areas in the UK.

Local expedition areas

The main expedition areas for wild country expeditions are:

The Pumlumon (or Plynlimon) hills and surrounding area

Featuring the highest peak in the Cambrian Mountains, the Pumlumon (meaning five peaks) area, is full of remote, challenging terrain, offering stunning remote routes and a true navigational challenge.

To the West is the popular Nant yr Arian Mountain Biking Centre, while to the North East, Glaslyn lake is a spectacular spot for bird life, situated on the Glyndwr way, whilst the Nant y Moch reservoir, which forms a centre point of the expedition area is fed by a number of valleys including a famous but little recognised battle ground.

Within short walking distance of the peak at 752 metres of Pumlumon are both the sources of the Rivers Wye and Severn (or Gwy and Hafren), which both lead to their own long distance walks, adding to the route possibilities in the area.

Elan Valley

Possibly the most heavily protected area of special interest and natural beauty outside of a National Park. The Elan Valley area is part of the Elan Valley estate, comprising of the reservoirs and water sources that supply to the Midlands. The estate is rich in wildlife, peat bogs, bird life and is one of the most untouched and unchanged areas in the whole of Wales. Numerous routes in and around the area are possible, all offering remote, peaceful expedition experiences and a navigational challenge which will leave participants with a very strong sense of achievement.

The support of the Elan Valley estate allows access to a number of farm and wild camping sites, all well away from anything resembling a crowd. At the south western end is an area of lakes known as Llynoedd Teifi or Teifi Pools, which lead to the Cistercian abbey ruins of Strata Florida.

Llyn Brianne/Llanwrtyd/Abergwesyn

This area is very popular with Silver groups and for Gold practice, offering a mixture of remote valley routes, wild country navigation, forestry and yet again, peace. Llanwrtyd is famous for its diverse outdoor events, including the World Bog Snorkeling Championships and the Man versus Horse race and provides good access to the Elan Valley.

Devils Bridge & Cwmystwyth

Tucked between the Pumlumon hills and the Elan Valley estate, this area provides plenty of opportunity for short expeditions and practices, comprising two recreational forestry areas, a stunning valley full of old mine works and one of the UK's tallest wind farms. Centred on the popular tourist destination of Devils Bridge this area also provides linking routes between Pumlumon and the Elan Valley and vice versa.

Routes and access

Most of the Mid Wales Expedition Area is either open access or has a network of accessible and easy access paths and rights of way. There are some areas which do not have marked paths or rights of way, but provide excellent expedition routes, particularly on the ridges in the Elan Valley area, some of these are routes on the Cambrian Way, or can be requested from the Expedition Co-ordinator. These routes are highly recommended as excellent Gold routes and a challenging but rewarding experience for participants.

Camping

The Mid Wales area has a list of suggested camp sites available to DofE groups. Please let us know which group or Operating Authority you are from when you request these, as some messages are often queried to prove validity.

It is the group or Supervisors' responsibility to request permission from landowners; the Wales Expedition Network does not do this on your behalf!

Notification and approval

Please notify the Wales Expedition Network via Green Forms and routes in accordance with DofE guidelines. Please notify us of all expedition plans, including training and practice ventures well in advance; you will receive a notification number from us approving your expedition.

We are here to assist you in your enjoyment of the area. We also report participant numbers to certain authorities who provide us with helpful access in return.

DofE resources

The current DofE expedition kit list can be downloaded from: www.DofE.org/go/expeditionkit

A range of expedition downloads, such as the Green Form and spare expedition safety cards, can be downloaded from: www.DofE.org/go/downloads

Further information of the Expedition section can be found at: www.DofE.org/expedition