



Dogs on Beaches

Most of Conwy's beaches and foreshores have no restrictions. However, responsible owners will keep all dogs under control at all times and pick up after them every time.

There are a few exceptions of which all are between 1st May through until 30th September. They are as follows:-

- **Penmaenmawr** - Between Sailing Club and Eastern End of Promenade.
- **Llandudno, West Shore** - Between the two rock groynes at the Great Orme end of the area.
- **Llandudno, North Shore** - From the Pier to Nant-Y-Gamar Road.
- **Rhos-On-Sea / Colwyn Bay** - Rhos Point to Eastern End of Cayley Bank.
- **Colwyn Bay / Old Colwyn** - Toilet Block West of pier to Toilet Block East of pier.
- **Abergele / Pensarn** - Area adjacent to the Promenade.
- **Kinmel Bay** - Area adjacent to Promenade.

All Colwyn beaches are subject to Byelaws relating to canine faeces removal and dogs should be kept on a lead on all Promenades.

During the winter months there are no dog restricts on any beaches.

Hills and Vales at the Heart of North Wales

*"Lovely the woods, waters, meadows, coombes, vales, All the air things that build this world of
Wales"*

So wrote the renowned Victorian poet Gerard Manley Hopkins, who spent much time in this area and dedicated a poem "In the Valley of the Elwy" to the river. The Afon Elwy is one of the most beautiful small rivers in the whole of Wales; its valley a paradise of tranquil meadows, ancient woods and craggy hills.



In The Valley of the Elwy by Gerard Manley Hopkins

*I remember a house where all were good
To me, God knows, deserving no such thing:
Comforting smell breathed at very entering,
Fetched fresh, as I suppose, off some sweet wood.
That cordial air made those kind people a hood
All over, as a bevy of eggs the mothering wing
Will, or mild nights the new morsels of Spring:
Why, it seemed of course; seemed of right it should.*

*Lovely the woods, waters, meadows, combes, vales,
All the air things wear that build this world of Wales;
Only the inmate does not correspond:
God, lover of souls, swaying considerate scales,
Complete thy creature dear O where it fails,
Being mighty a master, being a father and fond.*



Croeso i Gymru / Welcome to Wales

It may be one of the oldest languages in Europe but it's also a living language. That's why most of our place names are in Welsh, our signs are bilingual and in some parts Welsh is the first language.

Why not give it a go yourself?

You won't go far wrong in our friendly nation with a "shwmae" (meaning 'hello'/'how are you?', pronounced 'shoo-my'). Or a "diolch" (meaning 'thank you', pronounced 'dee-olc') and while you're at it why not have a shot at pouncing the longest place name in the world?!

Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch

(The church of St. Mary in the hollow of white hazel trees near the rapid whirlpool by St. Tysilio's of the red cave)

Because we like to be different our alphabet has no Q or V but don't worry, it does include 'LL', 'FF', and 'DD'. You'll see 'LL' used a lot - just count how many places you see beginning with 'Llan' (meaning church) on your travels.

Pronouncing Welsh isn't always easy but it is fun and it gives your facial muscles a great workout!

Open Door Training
Dolben Hall
Bon Newydd
St. Asaph
Denbigshire
LL17 OHN

TEL: 01745 585535
www.opendooradventure.co.uk



(Below taken from Open Door Adventure website)

Who We Are and What We Do

We are one of the few Premier Outdoor pursuit centres that has most of the facilities on site, sixteen Outdoor Pursuits on our 25 Acre site. (No travelling to activities so maximum use of Time) A Large 10 Bedroomed Mansion Hall where we feed and Accommodate our clients. Camping Facilities with Kota Hut and cabin Hot Tub and Fire area. Our ethos at Open Door Adventure is that all multi-activity breaks, adventure weekends and outdoor pursuits should be fun and enjoyable, where you can safely learn life changing experiences. The programs are designed to be effective but be fun while helping you develop new skills.



We pride ourselves in greeting and looking after you as clients, but we hope you'll leave as our friends. Our home and outdoor pursuits centre is your home and centre during your stay with us. The natural environment that surrounds us is beautiful and we want to do all in our power to protect this natural habitat and wildlife that is in abundance. So all our clients can appreciate the beauty of our surroundings.

It is not what we do but how we do it. By designing courses to meet your requirements, aims & objectives, we strive to provide in all our courses that they are fun, effective and rewarding, and the learning experience is memorable and beneficial to all who participate.

Open Door Adventure was established in 1992 as an Outdoor Pursuits & Activity Centre and has been run by Dave Orange since day one. This was after a long and distinguished career in the services as a professional Outdoor Pursuits Instructor & Physical Education Teacher (R.A.P.T.C.).



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The Enviroment

We take all reasonable steps to manage our operations so as to minimize our environmental impact and to promote good environmental practice. we will set and follow high standards in food production, quality of service and Safety. we will review regularly our business practices and performance to identify how we can improve our energy efficiency, minimize packaging and reduce water usage, waste disposal and air emissions.

We are all passionate about the wonderful countryside we have here in North Wales the wildlife here is fantastic and we strive to protect the wild life and work with the environmental agency, CCW. The location is a Triple S.S.I. site, Site of Specific Scientific Interest due to the 200Ft Limestone Cliff Face and two cave systems.

On site we see on a daily bases Kingfishers,, Heron, Jays, Pheasants, Buzzards , Peregrine Falcon, Badgers ,Otters, Mink, Grey Squirrels, wild Sitka Deer, Bats in our cave.



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 **open door**
 to the outside world... **Open Door Adventure Price List 2014/15**

Prices are Per Person Inclusive of VAT	Price Per Person
New 2015 Weekend, Mid-Week Break Three core Activities, Food & Accommodation	£200 must be taken last week of any month in 2015
Multi Activities Breaks weekend Mid-Week 4 Core Activities & Food & Accommodation	£240 no restrictions
Adrenaline Weekends – Mid-Week Breaks 2 Adrenaline Activities + 2 Core Activities Food & Accommodation	£280 no restrictions
5 day Family Activities Holiday: Mon-Fri Full Board plus at least Eight Activities	£400 Adults, Children Discount 12-16 £375 5-12 £350 under 5 free, one per family
7 Day Family Activities Holiday Mon – Mon Full Board plus at least ten Activities	£500 Adults Children Discount 12-16 £475 5-12 £450 under 5 free
Day's Activities two Core Activities Plus lunch	£75.
Individual activities:	Per session Morning/ Afternoon, Full Day
Assault Course & Fun Run *	£35
Archery *	£35
Bush craft & wilderness Survival *	£35
Orienteering	£35
Caving *	£35
Climbing & Abseiling *	£35 - £75 Full Day
Canoe or Kayak on site *	£35
Canoe & Canoe Sailing, Kayak, Lynn Brenig (Canoe/kayak Estuary Trip) Conway	£40 – Morning or Afternoon £80 Full Day
Canoe Kayak River trip	£80 Full Day
Coasteering Conway	£40-Half Day
Coasteering Anglesey	£45 Half Day £80 Full Day
Duckies Inflatable 2/3 person W.W.Rafts *	£35
Duckies Inflatable W.W.Rafts River trip	£75 Full Day – inc lunch
Water Zorbing	£35
Clay Pigeon Shoot	£40
Fishing (must have Day License)	£35
Gorge Walking / Cannioning	£45
Go Karting	£40
Horse riding	£30 1 Hr £45 2 Hours
Ice Breakers & Team Games *	£40
Low & High Ropes Course	£35

New 2015 Water Sports Centre at Llyn Brenig:	£55 <i>All Day water sports, Min four people</i>
Canadian canoe/canoe sail	£35
Kayak/kayak sail	£35
Raft building	£35
Water zorbing	£5 per 5 mins
Donuts	£5 per 5 mins
Also Mountain bike trail	£35
Zip Wire	£30
Mountain Biking Local	£35
Mountain Bike Llyn Brenig, Landegla	£40
Mountain scramble/hill walking	£80 Full Day
Snowdon/Tryfan guide Hill Walking	£80 Full Day

Prices are Per Person Inclusive of VAT	Price Per Person
Leadership Development & Team Build	£100 _with Activities full day Inc Lunch
Management Training & Teambuilding Day	£100 – with activities full day inc lunch
Management Training & Teambuilding	£150 Delegate rate – overnight stay inc food and accommodation.
Business - Fun Team Building Session	£100 includes Lunch
Mountain Biking Llyn Brenig or Llyn Alwyn	£40 – including bikes, equipment and guide Minimum 2hr session
Safety on Steep Ground tuition	£80 for a full day
Orienteering	£35
Paintball Target Shoot *	£35 250 Balls £5 per 100 extra balls
Paintball War Scenario *	£40 250 Balls £5 extra 100 balls
Paintball Games	£75 Full Day – inc lunch
Quad Biking (No under 16 years of age)	£45 1 Hr £80 2 hr Trek (Honda 350cc)
Raft Building *	£35
White Water Rafting Bala or JJs	£60 p.p.
Water zorbing	£35
Zorb Balling/Zorbing Downhill *	£35
Wilderness Experience Kota Hut & BBQ + Hot Tub & Wilderness Tent	£50 Per Person Self Catering Sleeps 15 – min 2 nights – min group 10

Education & Youth Groups Multi- Activity Team Build with Full Board	£220 Mid week Mon- Wed , Wed – Fri £350 5 Day Mon - Friday
Education & Youth Groups Multi Activity Weekends 4 Core Activities + Full Board.	£230
Primary Schools Activities Day	£35 Full Day Team Build & Activities
Scouts, Cadets, D of E Summer Camps	Kota Hut & Cabin 5 Acre Field Tents