

Information



Thank you for choosing a course at Plas Menai. This information should help you prepare for your course and enjoy your time with us. Please read all the information carefully. Don't hesitate to ring us if you need further information. We look forward to welcoming you to Plas Menai!

Getting to Plas Menai

By road: From the A55 expressway take exit 10, signposted to Caernarfon (A487) and follow the brown signs to Plas Menai, approximately 5 miles. The Centre is situated on the A487 between Bangor and Caernarfon.

By Rail/Bus- Bangor is the nearest station, approximately 7 miles away. Taxis are available immediately outside the main station entrance. Alternatively, turn left out of the station and the bus stop is a few yards along. The No 5 and 5a buses run between Bangor and Caernarfon, and will take you to Griffiths Crossing bus stop and the Centre is a 5-minute walk away.

See reverse for a map and travel contacts.

Arrivals

Residents: If you have booked a residential course, please arrive the evening before your course starts. Check in at Reception on arrival and there will be a tour of the centre and facilities between 8 and 9 pm. If you arrive after 7.30 pm, please go to the bar to check in. Please check your course-specific joining information to find out about mealtimes.

Non-residents: Please arrive at the centre by 09.15 am each day of your course. You will need to register with Reception on your first day immediately on arrival. Please remember to bring a packed lunch and drink, as this is not included in the cost of your course. Packed lunches are available to buy at the centre, by 09.30 each morning.

Your Course

You'll meet your instructor and be welcomed to the Centre at 09.15 am on your first morning. Before starting the course, you'll have the opportunity to talk to your instructor about any specific aims or requirements you have and your activity clothing will be given to you. Activities will finish between 16.30 and 17.30 each day and by 17.00 on your final day.

Departure

On the final day of your course, your room must be vacated by 10.00 am before going on the water. Luggage storage rooms are provided.

Swim and Gym

The indoor heated pool and fitness room are available for use during public sessions. The pool is not available for use at weekends. To use the gym, please provide proof of membership at an existing gym.

Bike and Climb

Our mountain bike track and indoor climbing wall are also available for use in your free time. Both facilities will require your own bike or climbing equipment and are used at your own risk.

Clothing

What to bring:

- Plenty of warm clothing, thermal base layers, fleeces, tracksuit
- Footwear for on the water; old trainers or wetsuit boots
- Swimwear
- Towels
- Wellies for Yacht courses (not black-soled)
- Hat and gloves
- Sunblock and sunglasses
- Flask and drinks bottle
- Walking boots for mountain activities

Plas Menai provides:

- Wetsuits
- Waterproofs, cagoules
- Buoyancy Aids
- Harnesses and helmets if needed

Further details of equipment and clothing recommended for your course are included in your accompanying course notes.

Towels

Please bring your own towels as these are not provided at the Centre. Bedlinen is provided for all centre accommodation.

Cleaning and Drying

A drying room and washing machine and dryers are available for your use. (£1 per wash/dry)

Lockers

Lockers are available for kit storage (requires 50 pence which is returnable)

Internet Access

Free internet access and wireless connection for your own laptops are available in public areas around the centre.

Room Facilities

Centre bedrooms are all ensuite. Each room has tea and coffee making facilities and a television.

Smoking Policy

Plas Menai is a no-smoking centre throughout the buildings and waterfront.

Banks and Shops

The nearest bank and shopping facilities are in Y Felinheli and Caernarfon, approximately 2 miles away.

Plas Menai has a small centre shop, selling books, postcards, toiletries, confectionary and outdoor clothing.

Liability

The Sports Council for Wales does not accept responsibility for damage or loss of possessions belonging to users and visitors of the centre, unless previously arranged. Vehicles and equipment are left at the owner's risk.

Insurance

For your own peace of mind, we recommend you hold insurance to cover cancellation and curtailment and personal belongings.

Plas Menai



National Cycle route no: 8
Grid reference: SH502660
Postcode: LL55 1UE

Travel Contacts

Trains

www.nationalrail.co.uk

Buses

Arriva bus operates a half-hourly Caernarfon / Bangor bus service (5), stopping just 5 minutes walk from the centre.

www.arrivabus.co.uk

Ferries

Holyhead ferry terminal is approximately 30 minutes by car from Plas Menai.

Irish Ferries operates a car ferry service between Holyhead and Dublin.

www.irishferries.co.uk

Stenaline runs a fastcraft ferry service between Dun Laoghaire and Holyhead.

www.stenaline.co.uk

Plas Menai
T: 01248 670964
www.plasmenai.co.uk