



## **PRESS RELEASE**

*From Bedfordshire and Cambridgeshire Wing Adventure Training Team*

### **Cadets spend week at Llanbedr**

27 Cadets from Bedfordshire and Cambridgeshire Wing recently attended a camp at the National Air Cadet Adventure Training Centre (NACATC) at Llanbedr. The cadets from a mix of squadrons around the wing spent the week partaking in activities such as mountain trekking, Climbing, abseiling, orienteering, Gorge walking and a high-ropes course.

Getting up at six-thirty every morning is no joke if you are not used to it, but it was a team effort to get everyone fed, ready and on the vehicles for an eight O'clock start. Once back at the centre after an exciting days activities, there was kit to clean, dinner to be made (and eaten), plates to be washed and sandwiches to be prepared for the next day.

All of the cadets summited Snowdon, the highest mountain in Wales, one group achieving the task by the exciting Crib-Goch route. Climbing and abseiling was performed at Barmouth slabs. The weather was reasonable for Wales and the time of year, the last day being a scorcher enabled the staff manning the ropes course at the centre to get a nice sun-tan.

The team also saw an eclectic mix of aircraft including low level Hercules, Hawks, F-15's, Sea kings and a couple of Twin Squirrels from DHFS Shawbury.

Flight Lieutenant Mike Davison (A Qualified mountain leader and member of Bedfordshire and Cambridgeshire Wing Adventure Training Team) said, "Another fantastic week at a superb centre, the cadets got along really well and there was a real 'esprit de corps' throughout the week from everyone. We got in some challenging routes and all had a good play on the rock. I can't wait until our next camp at NACATC Windermere in early 2008!"

Bedfordshire and Cambridgeshire Wing Adventure Training Team is made up of Officers, SNCO's and Civillian instructors throughout the wing who are qualified in the following disciplines: Mountain Trekking, Climbing, Abseiling, Canoeing and Kayaking.

*by Flt. Lt. Mike Davison*