

Meditation on Snowdon

Led by Ven. Manapo Bhikkhu

A Sponsored Walk and Meditation
On the highest point in England & Wales
Please join in to raise money for Wood Cottage

15th July, 2007

Target
£2,500



THE FOREST HERMITAGE

LOWER FULBROOK nr SHERBOURNE WARWICKSHIRE CV35 6AS

telephone - 01926 624564 Registered Charity No 285913

The Buddha-Dhamma Fellowship is organising a Sponsored Walk up Snowdon in aid of Wood Cottage.

Please join in the walk and/or be a sponsor.

Transport

Either drive yourself or come on our **coach**.

For the coach there are two pick-up points:

- 1. Outside the ROOTES BUILDING at Warwick University at 6 am.**
- 2. The Forest Hermitage at 6:30 am.**

****THE COACH WILL LEAVE LLANBERIS AT 7 PM PROMPT****

If you drive yourself meet us at the **SNOWDON MOUNTAIN RAILWAY TICKET OFFICE** in **Llanberis**, Gwynedd, Wales, LL55 4TY, at 10 am.

The walk will start at about 10:30 am.

The Snowdon Train: For those who wish, a train goes three-quarters of the way up. Call **0870 458 0033** for details and to book. You'll need to be at the summit for 1:30 pm to meet us. Bear In mind the last quarter is steep and good footwear is essential.

There is limited **accommodation** at **Wood Cottage**.

Contact us if you need to stay Saturday or Sunday night.

The walk

Bring a packed lunch, sturdy footwear as the path is rocky and steep (walking boots are advisable), and a waterproof. Be aware that it is five miles up and five miles down, taking about 7 hours in total to complete.

Cost

There will be a £25.00 charge for the coach. Please pay in advance.

Contact numbers for the day

Tahn Manapo: 07986 350129

Anthony Harfield: 07743 795826

To book a place fill in and return the booking form.

Meditation on Snowdon – Booking Form

Name _____ Address _____
Email _____
Phone _____

Next of kin: Name _____ Phone _____

Please tick one:

- I wish to book a seat on the coach – **MY £25 BOOKING FEE IS ENCLOSED** (*cash or cheque, please make cheques payable to The Buddha-Dhamma Fellowship*).
- I wish to book a seat on the coach – **I HAVE ARRANGED A BACS TRANSFER FOR £25** to *The Buddha-Dhamma Fellowship (Account number 45325897, Sort-code 05-05-58)*.
- I wish to join the walk but will make my own way to Snowdon.

I understand that I am responsible for my own safety on the walk.

Signature _____ Date _____

Please complete and return to The Buddha-Dhamma Fellowship
The Forest Hermitage, Lower Fulbrook, Warks. CV35 8AS

