

Arrival Information



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We look forward to welcoming to Plas Menai National Watersports Centre. The following information should help you prepare for your visit to the Centre, however if you do have any questions or queries prior to your arrival please do not hesitate to contact us on 01248 670964 or via email info@plasmenai.co.uk

Free Car Parking

The centre has plenty of car parking spaces available and you will be able to park your vehicle at the centre for the duration of your visit. Car parking is free but is at the vehicle owner's own risk.

Residential Bookings

If you have booked a Residential package, please note your **accommodation will be available from 16.00 on the day before** your course starts.

IMPORTANT: If you will be arriving at the centre after 23.00 please call ahead to obtain the accommodation code from reception. Phone: 01248 670964

Meals included in your booking are:

- 5 Day Monday to Friday Breakfast and a packed lunch • Sunday to Thursday Evening Meal
- 2 Day Saturday & Sunday Breakfast and a packed lunch • Saturday Evening Meal

Please note: A meal is not included on Friday evenings

Breakfast is served between 8.00-8.30 in the dining room. Please pick up your packed lunch at breakfast.

The Centre accommodation is ensuite with single beds in twin bedded rooms. Each room has a television, tea and coffee making facilities and fitted wardrobes.

Bed linen is provided but **you must bring your own towels** as these are not provided by the centre.

Non-Residential Bookings

Please remember to bring a packed lunch with you. If you forget your packed lunch you may purchase one from the dining room.

Course Registration

All course participants must register at reception on arrival, where you will be asked to complete a course registration form.

All participants please meet in reception at 09.15 on the first morning of your course, where you will be given a short centre briefing before being introduced to your instructor.

Daily Timetable

Generally our courses start at 09.15 and finish at approximately 17.00. Please meet promptly in reception, each morning unless your instructor informs you otherwise.

Clothing and Equipment

Plas Menai will provide all necessary personal protective clothing and equipment, including, wetsuits, buoyancy aids, waterproofs, cagoules, helmets, harnesses etc.

Please bring with you:

- Plenty of warm clothing, thermal base layers, fleeces, tracksuits
- A change of footwear for on the water (old trainers, wetsuit boots, wetsuit shoes – Please note: Crocs and similar are not suitable)
- Swimwear and a towel
- Hats and gloves
- Sunblock and sunglasses
- Flask/drinks bottle
- 50p for lockers (refundable)

- Personal toiletries and medication

Leisure facilities and Services

Residents at the centre, during the week, may use the swimming pool **free of charge** during public sessions. To use the pool you must show the lifeguard your room key. Please note the pool is not available for use at the weekends.

The fitness suite is available to residents who are existing gym members. To gain access to the gym please go to reception and show your card. You will then be given the fitness room access code.

Our mountain bike track is free to use when it is not being used by a group, but requires your own bike and safety equipment.

Free internet access and wireless connection is available in public areas around the centre.

Liability

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

Insurance

For your own peace of mind, we strongly advise you hold cancellation insurance in case circumstances result in you being unable to attend or have to curtail your course. Please refer to our [Terms and Conditions of Booking](#) for our full cancellations policy.

We also recommend you have suitable insurance to cover the loss or damage to any personal belongings whilst you are at the centre.