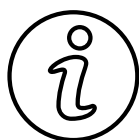


Get Ready for The 3 Peaks of Wales

Information Pack

Climb 3 of the highest peaks in
Wales in 24 hours

Have you got what it takes to slay
the 3 Welsh giants Yr Wyddfa
(Snowdon), Cadair Idris and Pen
Y Fan?



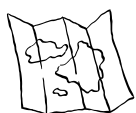
Event info

This document will support you
with all the details for your up and
coming challenge.



Sponsorship

We kindly request that each team
has a sponsorship goal of £800
(Per team)



How to get there

Know your plan. Memorize key
details, addresses, and contact
info from the itinerary



St David's Hospice Care

St David's Hospice Care has been
providing community-based hospice
care for people with cancer and other
life-threatening illnesses, and their
families, since 1979



Safety

The walk is not guided however,
we will have fully qualified and
experienced marshals along the
route.



Logistics

Remember to pack light and
include versatile clothing and
essential travel gadgets



Accommodation

Please ensure you book any
overnight accommodation well in
advance



Kit list

Kit may be checked at
checkpoints

Event information

You will be sent a disclaimer in due course, this is one for each member of the team. Which will include their personal details such as name and next of kin. It will be the team captain's responsibility to ensure that all their team members complete and return the disclaimer to ourselves.

We look forward to seeing you and your team take on this challenge! If you have any questions, please contact the fundraising team on fundraising@stdavidshospicecare.org.

Mountain owners

Snowdon - Beth - 07807802656

Cadair Idris - John - 07407403556

Pen Y Fan - Kris - 07870682828

Chief Marshal - 07500773951



Sponsorship

We kindly request that each team has a sponsorship goal of £800 (Per team) This can be raised by any of the following:

- Paper sponsor form
- Online JustGiving
- Organise your own fundraising event (This can be a coffee morning, a quiz night etc etc)
- Asking friends, family and work colleagues to sponsor you
- Matched funding – a lot of larger businesses offer Matched funding where they bid to match in funds whatever you have raised.

How to get there

Mountain owners

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Snowdon – Llanberris Path – £11 per day (If you are staying at The Victoria, you can park there and walk down)

The postcode for the car park is Llanberis, Caernarfon LL55 4TY

What 3 words///smoker.sprinkler.cookies

Cadair Idris – Pony Path - £6 Card only

The postcode for the car park is LL40 1TN

//what3words.com/wished.ripples.sensitive

Pen y Fan - Pont Yr Daf - £7.50 Cash or pay by phone

The postcode for the car park is Brecon LD3 8NL

What 3 words///crouch.toddler.eagles

EV Charging

There are two rapid chargers on the route!

Soon after Cadair Idris, on route is a BP Pulse rapid charger - at Tre'r-ddol, south of Machynlleth on the A487.

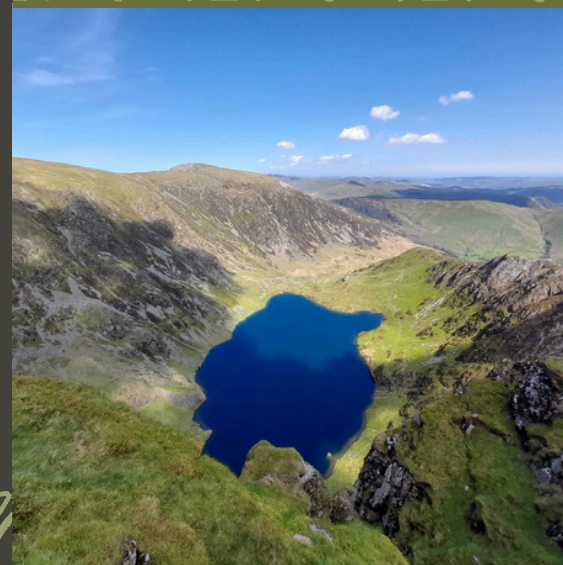
Further south just before arriving in the Brecon Beacons National Park, on the way through Llandovery - this is just 25 miles from Pen y Fan.

St David's Hospice Care

St David's Hospice Care has been providing community-based hospice care for people with cancer and other life-threatening illnesses, and their families, since 1979. Our care is provided to people living within Caerphilly, Monmouthshire, Newport, Torfaen, including South and Mid Powys.

We wish to provide our patients with real choice about where they receive their care and their place of death but, as I'm sure you will appreciate, this does have financial implications for the Charity.

It costs St David's Hospice Care approximately £9 million each year to provide our services. We are indebted to the local community for their on-going support and we are looking forward to meeting you.



Event introduction

This event is not a race, it is a team challenge. All team members must stay together where they can – safety in numbers! You will not be allocated a finishing time until all members have completed the mountain. So don't rush, enjoy the scenery, snacks and your team members company.

A basic level of fitness will be required to complete the challenge, therefore we do recommend that you do some training in the build-up. It is your responsibility to ensure that you are fit enough to take on the challenge. It is important when arranging teams that they are matched appropriately, in terms of ability and fitness levels. *If a team member decides that they cannot continue after completing some of the hike, the overall teams result will not be affected.

Each team will be expected to obtain the appropriate level of insurance that covers them.

Challenge Objectives

The objective of this challenge is to climb Yr Wyddfa/Snowdon, Cadair Idris and Pen Y Fan, the three highest mountains in North, Mid and South Wales in around 18 hours.

Teams will be made up of 5 members, 4 walkers and one driver. The driver is a compulsory member of the team.

There will be checkpoints at each summit where our marshals will tick off each member of the team, only when all team members have checked in will a time be allocated.

So please try and stick together at all times

Safety

The walk is not guided however, we will have fully qualified and experienced marshals along the route, including the bottom, middle and at the summit of each mountain. Therefore a map of each mountain is essential.

We recommend that each team member carries a mobile phone at all times which is fully charged, along with a power bank. It is also essential that all team members have the contact details for event control at each mountain – this will likely be 3+ members of our team.

Each team member must have a fully functional kit (see kit list on page 6) Team members will also have some experience in map reading and navigation.

Mountain owners

Snowdon - Beth - 07807802656

Cadair Idris - John - 07407403556

Pen Y Fan - Kris - 07870682828

Chief Marshal - 07500773951



Event Logistics

Mountain owners

Snowdon - Beth - 07807802656

Cadair Idris - John - 07407403556

Pen Y Fan - Kris - 07870682828

Chief Marshal - 07500773951

Ahead of the walk on Saturday, Mountain owner 'BETH' will be around from 5pm-6pm at The Royal Victoria Hotel. We will try to base ourselves in the bar area if there is room) if you have any questions or queries, please come to see us. We will also use this opportunity to hand out your walker numbers, and your goodie bag. If we don't see you on the evening, they will be kept until morning for you to collection. It is not compulsory.

If you decide not to check in on the Friday evening, please can ONE member of the team drop me a text to let me know that you have arrived safely in North Wales. Beth's number is - 07807802656.

We will be waiting to welcome you from 3:30am on Saturday morning, ready for a 4am start. This will be a prompt start, please make every effort to arrive between 3:30 and 4:00. We will look to welcome you in the Llanberis Car park - Llanberis, Caernarfon LL55 4TY (Look out for our PINK Gazebo!)

Please ensure that you have appropriate clothing and footwear, trainers or sandals etc are not suitable.

You are also advised to bring your own food, drinks and snacks. We will provide some items at each mountain also.

Please stay in your group, as you will be required to go through the checkpoints together, if you arrive separate you will be asked to wait.

If you have raised sponsorship, thank you so much! Please keep it until the end of the walk if its cash/cheque and hand it in then, as we will have a bigger team to receipt for it.

Mountain 2 & 3

Once you have completed Snowdon, you will be heading onto Cadair Idris where XXX will greet you.

Kris and Brian will be at Pen-Y-Fan to see you through the final mountain.



Kit List

COMPULSORY ITEMS:

- ☐ Map (For each mountain) and compass (At least 1 per team)
- ☐ Daysack with waterproof liner
- ☐ Walking boots
- ☐ Waterproof jacket and over-trousers
- ☐ Base layer
- ☐ Walking trousers
- ☐ Fleece
- ☐ Survival bag - bivi bag
- ☐ Whistle
- ☐ Headtorch and spare batteries
- ☐ Fully charged mobile and power bank
- ☐ Personal first aid kit
- ☐ Food/snacks and drinks

Mountain owners

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SUGGESTED ITEMS:

- ☐ Walking poles
- ☐ Sunglasses / Suncream
- ☐ Cap/Sunhat
- ☐ Camera
- ☐ Spare clothing
- ☐ Warm hat and gloves

Kit may be checked between check points

Suggested Event Timings

Meet at the Royal Victoria Hotel, Llanberis, Caernarfon, LL55 4TY the evening before, between 5pm - 6pm, in the bar area. Beth's number is 07807802656

NOTES	ROUTE	TIMINGS
Registration & Coffee	Snowdon	3:30am
Mass Start	Snowdon	4:00am
Approx. Duration of climb & return	Snowdon	9am
	Drive to Cadair Idris	9am-10:30
Check in and start 2nd mountain. Approx. duration of climb & return	Cadair Idris	11am-4pm
	Drive to Pen Y Fan	4:30pm-7pm
Check in and start final mountain. Approx. duration of climb & return.	Pen Y Fan	7pm-9pm

**Thank you for taking
part and supporting
St David's Hospice Care**

**Thank you to our event
sponsor**

