

CLIMB THE 3 HIGHEST PEAKS IN WALES IN 24 HOURS

St David's
Hospice Care



3 PEAKS OF WALES

SNOWDON | CADAIR IDRIS | PEN Y FAN

29TH JUNE 2024

EVENT INFORMATION



WWW.STDAVIDSHOSPICECARE.ORG

Find us on:   

REGISTERED CHARITY NUMBER: 1010576



THANK YOU FOR REGISTERING TO TAKE ON THE 3 PEAKS OF WALES CHALLENGE 2024 IN AID OF ST DAVID'S HOSPICE CARE.

This document will support you with all the details for your up and coming challenge. We will provide further more in depth details closer to the day.

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**.

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 - available to download at stdavidshospicecare.org
- Online JustGiving fundraising pages
- Organise your own fundraising event - Eg. a coffee morning or a quiz night 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.

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.

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 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 which 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.



This event is taking place on land owned and managed by the National Trust. We hope your day is a great success and raises lots of funds for your St David's Hospice Care. Please leave nothing behind but your thanks and take nothing but pictures. If you enjoyed the Brecon Beacons, you may like to become a member of the National Trust please visit www.nationaltrust.org.uk

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.

LOGISTICS

Postcodes for the most common parking at each mountain are:

SNOWDON

LL55 4NY for Pen-y-Pass (Pyg Track route), or LL55 4TY for Llanberis.

CADAIR IDRIS

LL40 1TN, Ty Nant Car Park.

PEN Y FAN

LD3 8NL, parking opposite the Storey Arms.

SNOWDON TO CADAIR IDRIS

Taking approximately an hour and a half.

- A4086 south from Llanberis through Pen y Pass
- Left onto A498 through Beddgelert to Aberglaslyn, left over bridge onto A4085
- At Garreg, left onto B4410
- At Maentwrog, left onto A487
- Carry on to A470 past Trawsfynydd down to Dolgellau
- After Dolgellau, right onto the A487 by the Cross Foxes Inn
- Left just after the Minffordd Hotel to the Dôl Idris car park

CADAIR IDRIS TO PEN Y FAN

Taking approximately two hours twenty minutes.

- A487 south to Machynlleth
- Left at the town clock and right in the middle of the town onto Forge Road
- Right at the T-junction onto B4518 to Llanidloes
- First exit at roundabout in Llanidloes and then right at second, onto A470
- Through Rhayader, Builth Wells, Brecon, remain on A470

EV CHARGING ALONG THE ROUTE

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.

ACCOMMODATION

Below are some accommodation recommendations, please contact them below or find your own. Please ensure you book any overnight accommodation well in advance

HOTELS

The Legacy Royal Victoria Hotel

Llanberis, Gwynedd LL55 4TY
Website: www.legacy-hotels.co.uk
Tel: 08444 119003

Padarn Lake Hotel, High Street,

Llanberis, Gwynedd LL55 4SU
Website: www.padarnhotel.co.uk
Tel: 01286 871 231

CAMPsites

Llwyn Celyn Bach

Mountain Farm Campsite,
Llanberis, Gwynedd LL55 4SR
Tel: 07877 376423 / 01286 870923
Website: www.campinginllanberis.com

Llanberis Youth Hostel, Llwyn Celyn,

Llanberis, Gwynedd LL55 4SR
Tel: 0845 371 9645
Website: www.yha.org.uk

LOCATIONS

SNOWDON

CADAIR IDRIS

PEN-Y-FAN

START TIMES /CUT OFF TIMES

Mass start
3.00am

Latest start
09.30am

Latest start
17.00pm

APPROX CLIMBING TIME

3 to 5
hours

3 to 4
hours

2
hours

FINISH TIME

8.00am
latest

1.30pm
latest

7.30pm
latest

APPROX. ASCENT

1,000
metres

700
metres

400
metres

APPROX. DISTANCE

15km

9km

8 km

MAP. COMPULSORY KIT

Explorer OL17 /
Landranger 115

Explorer OL23 /
Landranger 124

Explorer OL12 /
Landranger 160

START/FINISH POINT

Lower Car Park,
Royal Victoria Hotel
Car Park, Llanberis

Car Park/Toilets
at Ty-Nant

Car Park/Toilets 500
metres south
east of Storey Arms

GRID REF AT START

583597

698153

988199

NEAREST POSTCODE

LL55 4TY

LL40 1TL

LD3 8NL

ROUTE

The Llanberis
Path

The Pony
Path

Via
Bwlch Duwynt

GRID REF AT SUMMIT

609544

711130

013217

NOTES

- For detailed route descriptions and to buy maps online visit www.walkingbritain.co.uk
- Change needed for the car parks
- The start for Cadair can be difficult to find. From the centre of Dolgethlau take the Tywyn Road and take a sharp left signposted cadair idris, just on leaving the town. After approx. 3-4km pass the Gwernan Lake Hotel on right. Car Park is 1km further on right.
- Teams will be timed from the checkpoint at the start of each trek to when the LAST team member reports back to that checkpoint.
- **PLEASE ENSURE ALL TEAM MEMBERS HAVE A COPY OF THESE NOTES**

EMERGENCY CONTACT NO: 07807 802 656

KIT LIST

COMPULSORY ITEMS:

- [] Map (for each mountain)
and compass (at least one
of each per team)
- [] Daysack with waterproof liner
- [] Walking boots
- [] Waterproof jacket and waterproof
over-trousers
- [] Synthetic base layer
(1 long sleeve/1 short sleeve)
- [] Walking trousers (not jeans)
- [] Fleece
- [] Survival bag – Bivi Bag
- [] Whistle
- [] Headtorch and spare batteries
- [] Fully charged mobile phone
+ power bank
- [] Personal first aid kit
(including blister kit)
- [] Food/snacks and drinks

SUGGESTED ITEMS:

- [] Walking poles
- [] Sunglasses/Sun cream
- [] Cap/sunhat
- [] Camera
- [] Spare sets of clothing/socks to
change for each mountain/journey
home.
- [] Warm hat and gloves
- [] Food and drinks to take on journey
between the mountains

KIT MAY BE CHECKED AT CHECKPOINTS

SUGGESTED EVENT TIMINGS

Meet at the **Royal Victoria Hotel, Llanberis, Caernarfon LL55 4TY**
the evening before to check in with the organisers.

NOTES

ROUTE

TIMINGS

| | | |
|---|-----------------------|------------|
| Registration & Coffee | Snowdon | 3:30am |
| Mass Start | Snowdon | 4:00am |
| Approx. Duration of climb & return | Snowdon | 9am |
| | Drive to Cadair Idris | 9:30-10:30 |
| 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 |

FREQUENTLY ASKED QUESTIONS

IS THERE A MINIMUM AGE TO TAKE PART?

16 is the minimum age that we allow to take part in this event. All under 18's will require written consent from a parent/guardian.

CAN I TAKE PART WHILE PREGNANT?

Our advice would be that you shouldn't take part in this challenge while pregnant.

CAN I BRING MY DOG?

We don't advise that you bring any pets along.

WHAT ROUTE DO WE TAKE?

Snowdon - The Llanberis path
Cadair Idris - The Pony Path
Pen y Fan - Via Bwlch Duwynt

IS FOOD AND DRINK PROVIDED?


A light breakfast of pastries and fruit will be provided alongside hot drinks and registration in Snowdon. Drinks and light snacks will be available at Cadair Idris, and upon finishing Pen-y-fan we will look to host a complimentary BBQ. It would be advisable to bring your own preferred snacks and sandwiches along for the duration.





SPONSORS & SUPPORTERS

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