



WELSH 3 PEAKS CHALLENGE

18TH-19TH MAY 2019

BRIEFING PACK

www.snowdon500.com

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WELCOME & THANK YOU

First of all, welcome, and thank you for choosing to take part in the 2019 Welsh Three Peaks Challenge in aid of the Prostate Cancer Research Centre.

We have created this briefing pack to make climbing Pen Y Fan, Cadair Idris and Mount Snowdon the best experience possible for you. We hope that you have an amazing time during the Welsh Three Peaks Challenge – thank you for climbing with us!

These briefing notes will provide you with important information you need for the Welsh Three Peaks Challenge 2019. Please take some time to read through the pack carefully before you start your climb.

The Welsh 3 Peaks Challenge was founded by our patron Matt Rannamets, and has raised over £1million since it began. Sadly, Matt lived with Prostate Cancer himself and lost his battle in March 2016. 2019 marks the 12 year anniversary and we will be building on his legacy, raising money to fund world class research into advanced prostate cancer which will provide a future for men and their families.



OVERVIEW

Saturday 18th May

Peak 1

Pen Y Fan

Height:

886m / 2907ft

Start time from

4.30am-6.30am **Walking**

time: Approximately 2.5

hours (dependent on

fitness levels)

Drive:

Pen Y Fan to Cadair Idris =

2.5 hours

Peak 2

Cadair Idris

Height:

893m / 2929ft

Start time:

9am onwards

Walking time:

Approximately 6 hours

(dependent on fitness

levels)

Drive:

Cadair Idris to Llanberis =

1.5 hours

Accommodation:

There are plenty of hotels in the area. You can find a list of places to stay at

<http://www.breconbeaconstourism.co.uk/stay>.

For each mountain, please ensure you follow the steps below to check in and out so we are able to monitor participants and their safety.

Check In:

There will be Welsh 3 Peaks stewards wearing distinctive yellow tabards / over-vests at each mountain meeting point waiting for you to sign in, using your name and the registration number that you will be provided with. You will then be given a distinctive luminous green armband which you **MUST** wear throughout the whole of the Welsh Three Peaks Challenge so that our mountain safety marshals can easily identify you.

Marshalls:

We will have a small team of highly experienced mountain safety marshals deployed at strategic points on the mountains who will also be wearing distinctive yellow tabards / over-vests. You must make a point of checking in with the mountain safety marshals as you pass through – this helps us keep track of your progress on the mountains which may be important, especially if weather conditions deteriorate.

Check Out

You **MUST** return to the registration point to sign out once you have returned to the car park. This is so that we know you have completed each of the mountains safely. This is extremely important because failure to do so may result in the Mountain Rescue / Emergency Services being called out to undertake a search.

We will then provide you with a bottle of water and a snack for your onward journey to help keep you hydrated and to replace some of the calories you will have lost on your climb.

Sunday 19th May

Peak 3

Mount Snowdon

Height: 1085m / 3559ft

Start time:

from 7am- 11.30am

Walking time:

Approximately 5 hours

(dependent on fitness

levels)

PEN Y FAN

PEAK 1

Meeting Point	Pont ar Daf car park, Brecon Beacons, Wales LD3 8NL
Cost:	Free.
Opening Times	4.30am onwards.
Directions:	This car park is located to the south of the Storey Arms. If you are coming from Cardiff, you will pass the junction for the A4059 (signposted Hirwaun) and then the Beacons Reservoir, both on your left. If you are coming from Brecon (A470) the car park is approximately four hundred yards after you pass the Storey Arms outdoor Education Centre on your left. When you enter the car park, turn right to park.
Registration:	We strongly advise that you plan to arrive at the start point for Pen Y Fan between 4.30am and 6am. We will operate the registration point and have mountain safety marshals deployed on the mountain from 4.30am until 9am, which is when we anticipate that everyone will have completed the first leg of the Challenge. An early start will give you more time to tackle the demanding climb of Cadair Idris and will get you to Llanberis in time to enjoy the Saturday evening.
Route	<p>You can download the route map and route descriptions for Pen Y Fan below or find them at https://www.snowdon500.com/faq</p> <p>There is only one route.</p> <ul style="list-style-type: none">• Route Map• Route Description <p>Once you are finished you will be driving to Cadair Idris; find these directions HERE</p>



CADAIR IDRIS

PEAK 2

Meeting Point	Dol Idris Car Park, Tallyllyn, Wales, LL36 9AJ
Cost:	£2.50 donation
Opening Times	8am
Directions:	This car park is at the junction of the A487 and the B4405, and is the start of the Minffordd Path.
Registration:	Our stewards will be at the car park to provide registration facilities between 9am and 5pm, by which time we anticipate that everyone should have completed the second leg of the Welsh Three Peaks Challenge. Please make every effort to complete your ascent and descent of Cadair Idris by 5pm if possible, especially if you are attending the Saturday Evening Dinner in Llanberis.
Route	<p>You can download the route map and route descriptions for Cadair Idris below or find them at https://www.snowdon500.com/faq.</p> <p>There is only one route.</p> <ul style="list-style-type: none">• Route Map• Route Description <p>You should now make your way over to Llanberis for your overnight stop, ready to take on the third and final leg of the Challenge – climbing Mount Snowdon on Sunday morning. Find directions from Cadair Idris to Mount Snowdon HERE.</p>



SNOWDON

PEAK 3

Meeting Point	Royal Victoria Hotel, Llanberis, Gwynedd, Wales, LL55 4TY.
Car Parking :	Parking for Snowdon, Llanberis, LL55 4TD (opposite the railway station)
Cost:	£4.00 (reduced from £8.00)
Opening Times	<p>7am-9pm</p> <ul style="list-style-type: none">• Please tell the car park attendant that you are taking part in the Snowdon 500 Challenge and then display the car park voucher that you will find attached to these notes. PLEASE NOTE THIS PARKING IS NOT FREE.• Please do not use the car park in the hotel grounds as this is strictly for the use of hotel guests only.
Registration:	<p>You will receive the following details before Saturday 18th May:</p> <ul style="list-style-type: none">• A registration number – This is to identify you both when you register and on the mountains.• Registration open time – This is the time you and your team should aim to arrive at the reception marquee located in the grounds at the front of the Royal Victoria Hotel in Llanberis, to “sign in” before boarding the free shuttle bus to Pen Y Pass.• Registration closed time – This is the time the registration window for you or your team closes.• Start time – This is the time your shuttle bus leaves the Royal Victoria Hotel to take you to Pen Y Pass to commence your climb. <p>Please try your best to be on time so that you do not hold up other participants. If you miss your slot, then you will be allocated a new time, but this time is dependent on the space available on the buses.</p> <p>The Start / Finish point and reception marquee for the Snowdon 500 Challenge will be in the grounds immediately to the front of the Royal Victoria Hotel. After signing in you will be directed to the shuttle bus taking you to Pen Y Pass (15 minutes) and the start of your climb to the summit of Snowdon.</p>
Route	<p>For Mount Snowdon, you can choose between the Miners Track or the Pyg Track for your climb up to the summit. Both routes are very scenic, but for less experienced hill / mountain walkers it could be better to use the Miners Track as it is a little less demanding. When you arrive to sign in you must inform us which route you intend to take. The route back to the finish will be via the Llanberis Path for all participants.</p> <p>Detailed descriptions of ascent and descent routes can be downloaded below or can be found at https://www.snowdon500.com/faq.</p> <ul style="list-style-type: none">• Route Map• Route Description <p>It is best to have a look at these maps before the event so that you have an idea of which route you wish to take. You will also be given a hard copy of the maps and route directions just before you start your trek, although it is best to familiarise yourself beforehand.</p>

SAFETY CHECKLIST

What to Wear	<p>Mount Snowdon at 359ft (1085m) is the highest mountain in England and Wales and climbing the Welsh 3 Peaks is a serious undertaking even in good weather conditions. The micro climates in high mountains mean that weather conditions can change quickly. It may be very pleasant at the start but higher up it can quickly change with low cloud, resulting in poor visibility. The higher reaches of the mountains can also become very cold, wet and windy.</p> <p>It is essential that everyone taking part in the Welsh Three Peaks Challenge is well prepared and properly equipped for all weather conditions. You must have warm and waterproof clothing. A system of layers works best with a thermal layer worn next to the skin and over this fleece garments and a waterproof layer on top. Make sure you wear good, broken in walking boots with a deep tread. You will also need good walking socks, and a hat and pair of gloves, ideally waterproof ones!</p>
Safety Checklist	<ul style="list-style-type: none"> • Wear suitable clothing • Warm layers with a waterproof outer layer • Walking boots with a good deep tread (and walking socks) • Hat, gloves and spare clothing • Rucksack large enough to carry food, high energy snacks, water, a warm drink, a torch, map and compass and any clothing not being worn. • Walking Poles - they can help take the strain off the knees especially on steep / rocky sections and on the long descent back to Llanberis. • High factor sun cream – yes it can be sunny sometimes and the sun's rays are stronger the higher up you go.
Verbal Safety & Environmental Briefing	<p>At Pen Y Fan and Mount Snowdon you will be given a verbal mountain safety and environmental briefing. We regard this briefing as very important as we need to comply with the requirements and regulations of the Snowdonia National Park Authority, so please listen carefully. When you arrive at Pen Y Pass you will be met by one of our stewards and asked to separate into 2 Groups; those climbing via the Miners Track, and those climbing via the Pyg Track, in order to deliver this briefing. Once the short briefing is complete, you will be free to start your climb up Snowdon.</p>
Children must be accompanied by adults at all times.	<p>All of the advice set out above about what to wear also applies to the younger individuals who are undertaking the climb with parents / guardians. They must be equipped to the same standards as adults, as although children are often fitter than adults, they are much more susceptible to the cold, wet and wind. Remember also that if you are taking children with you it is your responsibility to keep them safe at all times.</p>
Mobile Phones	<p>Mobile phone reception is bad lower down in the mountains, but good reception is normally available as you gain height. Your mobile phone is an important piece of safety equipment, so please bring your mobile phone with you. Make sure that it is fully charged, has sufficient credit and is not set to silent.</p>

EMERGENCY INFORMATION

Please programme these numbers into your phone prior to the event:

Event Support

Ellen

07702851951

Lauren

07889 398 163

Pen Y Fan

Lauren

07889398163

Gavin

07792707031

Kerry

07530137930

Cadair Idris

Peter

07957361575

Bari

07900934537

Snowdon

Snowdon Control

07702851951

Huw Dullea

07534 859614



If anyone becomes too ill to continue or slips / falls and is unable to continue please follow these instructions.

If the illness or injury appears to be very serious (i.e. life threatening):

Call the emergency services by dialling 999 and ask for Police and Mountain Rescue – have someone stay with the casualty if possible.

Someone should immediately seek out one of the mountain safety marshals for assistance. They will be wearing distinctive yellow tabards / over-vests; explain what has happened. Remember the nearest safety marshal may be ahead of you or behind you!

Finally try and call your mountain volunteers if you have signal and explain what has happened.

If the illness is less serious (i.e. not life threatening):

- (a) Make the ill or injured person as comfortable and warm as possible;
- (b) someone should seek out one of the mountain safety marshals for assistance.

NB. Keep your mobile switched on at all times. Mobile signals may be weak or non-existent but generally higher up mobile signal strength is usually better.

EVENING DINNER

Arrival: 7pm	Join us for a Saturday Evening Buffet Dinner in the Dinorwig Room at the Royal Victoria Hotel. Friends, family and children all welcome. This dinner is the perfect opportunity to meet your fellow climbers and learn more about why everyone climbs the Welsh Three Peaks in aid of Prostate Cancer Research.
Food served: 8pm	There will be a raffle and fundraising games and activities on the night.
Ticket price: £10 per person	Places are on a first come first served basis and can be book by contacting a member of the events team on 0203 735 5448 or events@prostate-cancer-research.org.uk

FUNDRAISING

Prostate Cancer Research Centre are the only prostate cancer charity that focuses solely on the advanced stage of disease, which causes the majority of prostate cancer deaths and for which treatments are currently limited. Death rates for prostate cancer are still increasing; if we act now to support the science which can turn hope into reality, the next generation of men won't have to fear a prostate cancer diagnosis. Your support will help PCRC turn today's hope into tomorrow's reality.

We recommend a fundraising target of £250 for every participant in the Welsh 3 Peaks Challenge.

The PCRC Events Team are on hand at all times to help in any way they can. Please contact Lauren on 0203 735 5448 or lward@pcr.org.uk for more information, or for the materials below.

- Step by step guide to fundraising
- Sponsorship form
- Sweepstake poster
- Event planner
- Press release example

We would like you to send in your completed sponsorship forms and cheques as soon after 18th & 19th May as is practical. Please send fully completed sponsorship forms together with cheques (made payable to "Prostate Cancer Research Centre") to:

Prostate Cancer Research Centre
"Welsh 3 Peaks Challenge"
23-24 Great James Street
Holborn
London
WC1N 3ES

EVENTS TEAM CONTACT DETAILS

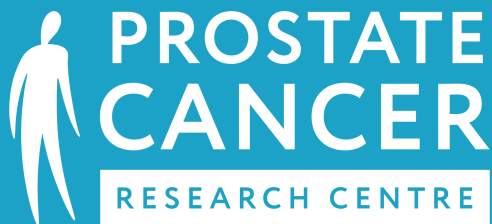
Ellen Whatmore

Events Manager
Office: 0203 735 5446
Mobile: 07702 851 951

Lauren Ward

Event & Fundraising Executive
Office: 0203 735 5448 Mobile
07889398163

Prostate Cancer Research Centre
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@ThePCRC #snowdon500