



welsh 3 peaks
challenge

Saturday 8th June 2024

Thank you for registering to take part in the 26th GE Aerospace Wales Welsh3peaks Challenge 2024 in aid of Tŷ Hafan Children's Hospice. This is your event briefing pack.

This document supports your fundraising pack, providing further important details about the Welsh3peaks Challenge. Please read it carefully.

Please arrange a meeting with your team to share and discuss the information within the briefing pack.

A second briefing pack will be sent out four weeks before the event, providing Drivers' instructions, individual team start times and details of registration in Snowdon.

We look forward to seeing you in North Wales on the 7th June. In the meantime, please do not hesitate to contact the events manager at Tŷ Hafan if you have any queries, and please let us know immediately if there is a problem with your entry. events@tyhafan.org



Event Logistics

All team members should be fit enough to take on the challenge.

Each team will be expected to obtain its own insurance cover or extend the company cover.

The event is not a race, individual team times are not important! All teams must stay together. You will not be allocated a finishing time for each mountain until the last member of your team has reached the end. The Challenge is a fun, team-building activity, so team work is everything!

The objective of the Welsh3peaks Challenge is to climb Snowdon, Cadair Idris and Pen-y-Fan, the three highest mountains in North, Mid and South Wales, within 15 hours. The event is sponsored and supported by GE Volunteers, from GE Aerospace Wales, Caerphilly, in aid of Ty Hafan, the hospice for children in Wales.

Teams will consist of four walkers (some may be up to six walkers) and a dedicated driver. This is **not** a guided walk - you will need map reading skills. Team transport costs will be covered by the team and / or the company represented. Correct and appropriate equipment **must** be used - a checklist is available on the event website and has been emailed. However, you will find it again here.

Safety Procedures

This event is not a race. Do not allow your competitive spirit to overcome your common sense. Safety on the mountain and roads is of utmost importance.

On The Roads:

Safety on the mountains is always important, but road safety is critical. For this reason the following rules will apply:

For each journey, a safe elapsed time has been established which is added to your finishing times to provide the earliest arrival time at each mountain. Teams will not be allowed to start before this time. This is not a target time.

Each vehicle will be issued with a Welsh3peaks Challenge vehicle pass, which should be placed in your rear window. This is to enable rapid recognition should any team find themselves in difficulty during the journey.

We recommend that each team carry a mobile phone, so that if a breakdown should occur, communication can be related to the event organising team.

On the Mountains:

On Snowdon, Cadair Idris and Pen-y-Fan, marshals will be posted at particular points along the route to ensure safety.

There is a checkpoint at each summit where each team will get their own mountain passport card stamped. **Only complete teams will be logged off the mountain. The time posted will be that of the last team member, so individuals rushing ahead will be wasting their energy and creating tensions within the group.**

It is important that teams are well matched in terms of individual ability; an imbalance of fitness levels within the team can cause friction. If a team member decides to drop out after completing some of the challenge, the overall team's result will not be affected.

Each team member must have navigational skills as these mountains can be dangerous. Although marshals will be positioned at regular intervals, they are a safety precaution and should not be relied upon to guide teams. In a white-out situation when visibility may be as low as 10 metres, it will be down to the teams to ensure that they keep to the correct route.

We advise that at least some members of the teams familiarise themselves with the mountains by walking on the routes beforehand. Notes of critical points and bearings can be taken during these familiarisation walks. Maps of the mountains will need to be acquired and each team member will need to familiarize themselves with the routes on the maps.

In the case of mountain or mountain top closures on Snowdon or Cadair Idris, due to extreme weather, alternative routes are provided. OS map references will be detailed on your mountain passport cards. The decision as to whether the mountain will be closed will be made by 12pm the day before the event; therefore all teams will be notified at registration in Betws Y Coed.



Emergency Procedure

As always, we are hopeful that nobody will get into difficulty during the event. However, the following information will be useful, particularly if you intend to carry out training exercises on the mountains.

The International distress signals are as follows:

- 6 long blasts on a whistle
 - 6 shouts or waves of a handkerchief
 - 6 flashes of a torch or a flashlight
- } Followed by a pause of 1 minute and then repeated

A red flare is also a distress signal.

You may at some stage have to pass on an emergency message to the police or mountain rescue services. Both these can be contacted by ringing 999.

All information should be written down to help ensure correct details. In particular:

- Name and age of casualty
- Nature of injuries
- Location with 6 figure grid reference and description of surrounding area.
- Time of accident
- Details of the rest of the party with colours of clothes worn
- Where you are calling from and your name and address

Proposed Timetable

Friday 7th June 2024

Event registration takes place on **Friday 7th June between 4:00pm and 8:00pm in Betws y Coed Memorial Hall**. Therefore, you will require accommodation in the area for Friday 7th June.

Registration details will be sent in the second briefing pack closer to the time.

Saturday 8th June 2024

Staggered starting times will be allocated between 4:00am and 5:00am. You will be provided with your individual team start time closer to the day. The following timetable is an **example** for a 4:00am start.

- 4.00 am Start from Pen y Pass for the ascent of Snowdon – note confirmation on the Snowdon route will be given by the end of April.
- 6.00 am Estimated time at summit.
- 7.30 am Complete descent to Lakeside car park, Llanberis – note confirmation on the pick up location of your team will be give by the end of April when the Snowdon route has been confirmed. Commence journey to Cadair Idris.
- 9.30 am Arrive for ascent of Cadair Idris.
- 12.30 pm Estimated time at the summit.
- 2.00 pm Complete descent -Commence journey to the Brecon Beacons.
- 4.30 pm Arrive at car park for ascent of Pen-y-Fan.
- 5.30 pm Estimated time at the summit.
- 7.00 pm Complete descent to Pen-y-Fan base camp in 15 hours. **You must reach Pen-y-Fan by 7.30pm in order to be allowed onto the mountain**



Food and Refreshments

Please have the required water/drink as listed on your essential kit list.

You are welcome to bring your own food to eat at the base of Cadair Idris but please do not spend too long at base camp as you need to move onto Pen-y-Fan due to timing considerations.

There will be complimentary food at base camp in Pen-y-Fan for participants at the end of the event.

Thank you! And good luck!