

The Bala Challenge charity walk - Summary Information

Date: Saturday, 10th May 2008

Start: 0800-0830 (20 miles) 0830-1000 (14 miles) 0900-1100 (8 miles)

Start/Finish: Penllyn Leisure Centre (SH 922355), Pensarn Road, Bala, Gwynedd, Wales LL23 7SR (see map: www.abercelyn.co.uk/BC_location.htm), car parking free

Note that the 8 miles walk finishes at the Bala Lake Railway Station, Llanuwchllyn (SH 880300)- return either by steam railway (discounted price £3-50) or transport provided.

Route Overview

ROUTE	DISTANCE		ASCENT		TIME	START WINDOW
	miles	km	ft	m	hours	
Bala Challenge	20	32	4,100	1,250	9-10	0800-0830
Bala Lake Circuit	14	23	2,700	800	7-8	0830-1000
Bala Lake Ramble	8	13	1,700	510	3-4	0900-1100

You may start earlier if you are walking part-way with someone doing the longer distance

Maps: OS Explorer OL23 (Cadair Idris & Llyn Tegid) preferred; OS LR 125 (Bala & Lake Vyrnwy)

Refreshments:

- **Feeding Station:** (water, biscuits & cake) after: 8 & 14 miles
- **At the finish:** free refreshments will be provided in the Leisure Centre Café
- **Refreshments may be purchased from:**
 - Penllyn Leisure Centre café (start/finish)
 - Bala Lake Railway Station café (Llanuwchllyn) Tel 01678 540 666
 - Eagles Inn (Llanuwchllyn) Tel: 01678 540 278 (requires detour of 1 km)

Transport will be available from Llanuwchllyn & last opt-out (time cut-off 5pm)

Toilets: Penllyn Leisure Centre, Bala Lake Railway Station, Llanuwchllyn public toilets (follow route to Eagles Inn).

After the walk

After the walk, in the **evening**, there will be an opportunity to socialise at The Bryntirion Inn, Llandderfel (01678 530 205).

Entry Information

Registration (minimum) fees (you may pay more - all proceeds go to charitable causes):

- Advance entries: £8 per person (closing date: 1 May 2008)
- Entry on the day (or after 1 May 2008): £10 per person

Children under the age of 12 are free (age 17 and under must be accompanied by a responsible adult over 21)

Entry form (Information Pack): http://www.abercelyn.co.uk/BC_downloads.htm

Cheques: Bala & Penllyn Rotary Club

Fund raising (optional): Participants can raise funds for their own charity, good cause, or recognised club, alternatively they may just enjoy the walk knowing that your entry fee will help towards charitable purposes. The primary charities supported are: the National Eisteddfod Wales (2009, Bala), the Mountain Rescue Service and local good causes.

