

The Bala Challenge charity walk - Summary Information

Date: Saturday, 8th May 2010

Start: 0800-0830 (20 miles) or 0900-0930 (runners) 0830-1000 (14 miles) 0900-1100 (8 miles) 1030 (Guided Walk)

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 & 7 mile walk finishes at the Bala Lake Railway Station, Llanuwchllyn (SH 880300) - return either by steam railway (discounted price) or transport provided.

Route Overview

ROUTE	DISTANCE		ASCENT		TIME	START	FINISH
	miles	km	ft	m	hours		
Bala Challenge (walkers)	20	32	4,100	1,250	7 - 10	Leisure Centre	Leisure Centre
Bala Challenge (runners)	20	32	4,100	1,250	6 - 8	Leisure Centre	Leisure Centre
Bala Lake Circuit	14	23	2,500	760	6 - 7	Leisure Centre	Leisure Centre
Bala Lake Ramble	8	13	1,700	520	3 - 4	Leisure Centre	Llanuwchllyn
Guided Walk	7	11	1,400	420	4 - 4½	Leisure Centre	Llanuwchllyn

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

Note that there are cut-off times to continue the 14 and 20 mile walks

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).

Entry Information

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

- Advance entries: £8 per person (closing date: 1 May 2010)
- Entry on the day (or after 1 May 2010): £10 per person
- Family ticket: £32 (advance) or £40 (on the day) all members of the same immediate family

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.

