

The Bala Challenge - Information

Date: Saturday, 8th May 2010

Join The Bala & Penllyn Rotary Club on Saturday, 8th May 2010 on a challenge/charity walk. You may also raise funds for your own charity, good cause or club.

An opportunity to experience the marvellous scenery of southern Snowdonia with views of the largest natural lake in Wales, surrounded by three mountain ranges (Berwyn, Aran, Arenig) and possibility to see the natural wildlife including Buzzards and Red Kites. The route has been chosen to maximise the views over a variety of terrain including farmland, moorland and forest.

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, such as: the North Wales Air Ambulance, Heart Research UK, the Mountain Rescue Service and local good causes. All participants that complete the challenge will receive a certificate.

Runners may participate but please note the later start. The event is not a race and there are a large number of stiles.

There is a choice of walk:

- **The Bala Challenge** is a circular walk around Bala Lake (Llyn Tegid) including part of the Aran ridge, starting and finishing at the Penllyn Leisure Centre, in Bala. The walk is 20 miles (32 km) long with total ascent of 4,100-ft (1250m) and is expected to be completed in around 7-10 hours. The route is over low-lying hills (up to 2,000-ft (600m) height) using footpaths, sections of open moorland, quiet roads and for a short distance a main road. There are short sections which are steep. This walk is only for experienced walkers, although it is possible to choose a shorter distance during the walk.
- **The Bala Lake Circuit** is a circular walk around Bala Lake (Llyn Tegid) starting and finishing at the Penllyn Leisure Centre, in Bala. The walk is 14 miles (23 km) long with total ascent of 2,700-ft (800m) and is expected to be completed in around 6-8 hours. The route is over low-lying hills (up to 1,500-ft (460m) height) using footpaths, sections of open moorland, quiet roads and for a short distance a main road. There are short sections which are steep.
- **The Bala Lake Ramble** is a linear walk along the east side of Bala Lake starting at the Penllyn Leisure Centre, in Bala, and finishing in Llanuwchllyn. The walk is 8 miles (13 km) long with total ascent of 1,700-ft (510m) and is expected to be completed in around 3-4 hours. The route is over low-lying hills (up to 1,500-ft (460m) height) using footpaths, sections of open moorland and quiet roads. There are short sections which are steep. Return transport is possible by the steam railway (Bala Lake Railway) at a discounted price, or vehicle (which will be provided by the organisers).
- **Guided Walk** with a local expert who will provide information on local history. The walk is similar to the Bala Lake Ramble but slightly shorter and not as high. The walk starts at the Penllyn Leisure Centre, in Bala, and finishes in Llanuwchllyn - with the option of returning by narrow-gauge railway. The walk is 7 miles (11 km) long with total ascent of 1,400-ft (430m) and is expected to be completed in around 4 hours.

Refreshments will be available at Bala Challenge check points. Lunch or refreshments may be purchased at the Eagles Inn and the Bala Lake Railway Station in Llanuwchllyn. Light refreshments will be available to participants at the Penllyn Leisure Centre in Bala after finishing.



Entry fees (minimum fees):

Advance entries: £8 per person (closing date: 1 May 2010)

Entry on the day: £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)

Entry fee by cheque please - made out to: "The Rotary Club of Bala & Penllyn"

Note that you may contribute all of your sponsorship or just the minimum entry fee. The proceeds from the entry fees & donations will be used by The Rotary Club of Bala & Penllyn for charitable purposes.

If you require **acknowledgement of your entry** please provide with your entry, either:

- an E-mail address or
- a SAE (stamped addressed envelope)

Route Information, rules, etc.: may be obtained in the following ways:

- Download from this website (7-days before event)
- By enclosing a large SAE enclosed
- Collect on the day

Timing

	Start window	Expected finish	Cut-off time	
			Llanuwchllyn*	Last opt-out*
The Bala Challenge (walkers)	0800-0830	1500-1800	1530	1645
The Bala Challenge (runners)	0900-0930	1500-1800	1530	1645
The Bala Lake Circuit	0830-1000	1430-1700	1530	1645
The Bala Ramble	0900-1100	1200-1600		
Guided Walk	1030	1430-1500		

*to continue the walk you must arrive at the check-point (Llanuwchllyn & last "opt-out") by the time given above. Anyone arriving within 30 minutes of the last opt-out cut-off time will be provided with transport to the finish.

Services to participants include:

- Car parking at the Penllyn Leisure Centre
- Route description with local information notes
- Checkpoint, marshals and signs
- Return transport where required
- Certificates for all finishers
- Refreshments at check-points
- Light Refreshments at the finish
- Assistance with problems.

Safety Aspects (see Rules and Advice)

All participants must agree to follow the guidelines and rules of the organisers including mandatory check-out at the finish.

Participants must seek medical advice on any prior condition.

Any participant 17 years or younger must be accompanied by a responsible adult.

The route is not suitable for wheelchairs or pushchairs.



A weekend break

Why not make a weekend visit to the Bala and Penllyn area, there is a wide range of accommodation possibilities. Other activities available include:

- Mountain or scenic walks
- Whitewater rafting
- Sailing and canoeing on Lake Bala
- Biking on quiet roads or mountain biking through forests
- Penllyn Leisure Centre: indoor swimming, fitness room, café, etc.
- Many tourist attractions.

Contact Bala Tourist Information Centre for more information (01678-521021) or look at web: www.VisitBala.org and www.abercelyn.co.uk/bc.htm including accommodation guide & things to do in the area.

Acknowledgements

The Rotary Club of Bala & Penllyn is grateful for the support and assistance of:

- John Lewis Partnership for sponsorship
- Energy Solutions for sponsorship
- Ifor Williams Trailers for sponsorship
- Gwynedd Council for use of the Penllyn Leisure Centre.
- Long Distance Walking Association
- Bala Lake Railway
- Snowdonia National Park Authority
- RYG Outdoor Education Centre, Rhos Y Gwaliau, Bala
- Nereus, Bala
- Hywel Davies, Bala

Further information:

Peter Cottee Tel: 01678-521782

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www.abercelyn.co.uk/bc.htm

Cymraeg: Gareth Griffiths 01678-521855



Bala Challenge - Rules

All participants take part “at their own risk”.

All participants confirm that they are in good health and/or have taken medical advice on any health condition that may affect their ability to undertake the walk.

All participants must not be under the influence of alcohol or drugs.

All participants must register, and check-in (where they will be issued with an identification (ID) number) at the start located at Penllyn Leisure Centre, Bala.

All participants must check-out (by stating their ID number) at the relevant finish:

- Bala Lake Ramble & Guided Walk: Bala Lake Railway Station at Llanuwchllyn.
- Bala Lake Circuit: Penllyn Leisure Centre, Bala
- Bala Challenge: Penllyn Leisure Centre, Bala

All participants attempting the Bala Lake Circuit and Bala Challenge must check-in at all check-points - by giving their ID number and advising that they are continuing the walk.

Any participant who is unable to check-out, at the relevant finish, must inform the organisers as soon as possible after abandoning the walk (e.g. by informing a marshal/official or telephoning the Central Control using the phone number given in the route description).

Participants attempting the Bala Lake Circuit and Bala Challenge must abandon the walk if they arrive at check-point after cut-off time (transport will be provided to the finish up to 30 minutes after the cut-off time).

All children (anyone age 17 and under) must be accompanied, during the walk, by a responsible adult (aged 21 or over). It is the responsibility of the “responsible adult” to decide if the activity is suitable for the child and to be responsible for the child. It is recommended that the maximum group size per responsible adult is 6.

Participants should follow the defined route and must not walk along railway tracks.

The route is over working farmland and participants agree to follow the Country Code.

The Country Code

- Respect - Protect - Enjoy
- Be Safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

Please also read “Advice for Participants”



The Bala Challenge - Advice for Participants

If you have any concerns or questions about the walk please consult the organisers. If you have a prior health condition that may affect your ability to undertake the walk you must take medical advice prior to registration. If you observe any problems on the walk, which may affect other walkers, please advise the organisers, as soon as possible.

Experience and fitness

Bala Lake Ramble/Guided Walk: Route overview: 8 miles (13 km) long with total ascent of 510m and is expected to be completed in around 4 hours. The route is over low-lying hills (up to 460m height) using footpaths, sections of open moorland and quiet roads. There are short sections which are steep and may be slippery when wet. There are many stiles on the route. The walk is categorised as “moderate” (equivalent to Ramblers’ Association Grade C). **Guided Walk:** Similar to the Bala Lake Ramble but is 7 miles (11 km) long with total ascent of 1,400-ft (430m) and is expected to be completed in around 4 hours. Most active people, including children who enjoy walking, should be able to complete either the Ramble or Guided Walk. It is recommended that participants should prepare by completing several walks, of duration 3 hours, prior to the walk; as well as improving fitness such walks should ensure that boots and feet are in good condition. Return transport is available using the Bala Lake Railway (Trains Depart from: Llanuwchllyn at 11:15 12:50 2:25 4:00; takes 25 minutes) or transport provided by the organisers.

Bala Lake Circuit: Route overview: 23 km (14 miles) long with total ascent of 800m and is expected to be completed in around 7-8 hours. The route is over low-lying hills (up to 460m height) using footpaths, sections of open moorland, quiet roads and for a short distance a main road. There are short sections which are steep and may be slippery when wet. There are many stiles on the route. The walk is categorised as “moderate” (equivalent to Ramblers’ Association Grade C) for terrain, but challenging in length although this depends upon the capabilities of the walker. Most active people who walk reasonable distances should be able to complete this walk. Some experience of walking over open moorland is desirable. For those familiar with mountain walking the terrain is not particularly difficult, however the walk is challenging in length. It is recommended that participants should prepare by completing several walks, of duration 6 hours, prior to the walk; as well as improving fitness such walks should ensure that boots and feet are in good condition. There will be a last “opt-out” check-point with transport available to the finish.

Bala Challenge: Route overview: 32 km (20 miles) long with total ascent of 1250m and is expected to be completed in around 7-10 hours. The route is over hills (up to 600m height) using footpaths, sections of open moorland, quiet roads and for a short distance a main road. There are short sections which are steep and may be slippery when wet. There are many stiles on the route. The walk is categorised as “moderate” (equivalent to Ramblers’ Association Grade C) for terrain, but challenging in length although this depends upon the capabilities of the walker. There will be an intermediate and a last “opt-out” check-point with transport available to the finish. This walk is only for **experienced** long distance walkers, however, it is possible to choose a shorter distance during the walk.

Road crossings and Roads without pavements

There are short sections of the route on roads without pavements, it is recommended that participants:

- Follow instructions of Marshals (wearing yellow Rotary tabards)
- Take extreme care when crossing roads
- Walk on the right side of the road facing oncoming traffic
- Use verges where possible
- Walk in single file
- Ensure that children are in view and in control.



Footbridges: cross footbridges in small groups leaving a gap between each walker, do not stop, jump or run on footbridges. Report any observed damage to the organisers.

Solo walkers: are advised to join other walkers (ask the organisers, at the start, if necessary)

Wheelchairs and pushchairs: unfortunately the route is not suitable for wheelchairs or pushchairs.

Clothing & Equipment

- Boots are strongly recommended (the walk is over open moorland and can be wet in places)
- Wear brightly coloured clothing (the route follows roads for short sections)
- Carry waterproofs and spare clothing
- Carry adequate food and water (including some for an emergency)
- Carry medication (if applicable) & sun-cream (hopefully)
- Bring a mobile phone (if available) with charged battery

Further information on clothing and equipment:

Ramblers Association: <http://www.ramblers.org.uk/info/practical/>

Field and Trek: <http://www.fieldandtrek.com/CustomServices/TechnicalGuides.aspx>

Emergency and non-emergency Assistance

Methods of obtaining assistance during the walk are:

- Telephone the emergency services "999" ask for the Police (the Police will alert the Mountain Rescue Service if relevant)
- Telephone the Bala Challenge Central Control (using the telephone number in the route description).
- Ask a Marshal
- Find the nearest public (or private) telephone using information in the route card.

Emergency Reporting: call the Police on 999 (the Police will alert the Mountain Rescue Service if relevant)

Emergency Reporting - Remember to state:

- 1) The exact location of Incident (Grid Reference if possible)
- 2) Nature of any injuries
- 3) Number of casualties
- 4) Your phone number

Stay near the phone unless told otherwise

Hospital and Police Information

Nearest Hospital with 24-hour Accident & Emergency service: Wrexham Maelor Hospital NHS Trust (Tel: 01978 291100) Croesnewydd Rd., Wrexham

Nearest Chemist: Rowlands & Co (High St., Bala): 01678-520 250

Open: Mon, Tues & Fri 9-6; Wed 9-1; Sat 9-5.30.

Emergency prescriptions via Bala Police (01678-520 424)

Police: North Wales Police (Gwynedd South): 01341-422 222



