

The Bala Challenge Charity Walks – Information (v3)

Saturday, 11th May 2019

Join the Bala & Penllyn Rotary Club on Saturday, 11th May 2019 on a scenic or challenge walk. You may wish to raise funds for your own charity, good cause or club - or just enjoy the walk.

It's 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 the possibility of seeing 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 the entry fee will help towards charitable purposes, such as: The North Wales Air Ambulance, the Mountain Rescue Service and local good causes. All participants who complete the challenge will receive a certificate and free refreshments.

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

Dogs: because of the route being over farming land, **dogs must be on a lead.**

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 would 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 that 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 would 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 that are steep.
- **The Bala Lake Scenic Walk** 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 would 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 steep sections. Return transport is possible by the steam railway (Bala Lake Railway) at a discounted price (£3 per single journey, any station to Bala or to Llanuwchllyn - discounted from £7.50 for this event only) or vehicle in some circumstances (which will be provided by the organisers).

Breakfast may be obtained at a favourable rate at the Loch Café before starting. Refreshments will be available at the Llanuwchllyn checkpoint. Lunch or refreshments may be also purchased at the Eagles Inn and the Bala Lake Railway Station in Llanuwchllyn, and light refreshments will be available to participants at the Loch Cafe in Bala without charge, after finishing.



Entry fees (minimum fees - if you pay more it all goes to the charities and good causes):

Advance entries: £8 per person (closing date: 1 May 2019)

Entry on the day (or after: 1 May 2018): £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 form, either:

- email address or
- SAE (stamped addressed envelope)

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

- Download from the website (available 7-days before event)
- By sending a large (A4) SAE to the organiser
- Collect on the day

Timing

	Start window	Expected finish	Cut-off time	
			Llanuwchllyn*	Last opt-out*
The Bala Challenge (walkers)	0800-0900	1400-1800	1530	1645
The Bala Challenge (runners)	0900-0930	1400-1800	1530	1645
The Bala Lake Circuit	0830-1000	1300-1700	1530	1645
The Bala Lake Scenic Walk	0900-1030	1200-1600		

*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 start on the lake foreshore
- Route description with local information notes
- Checkpoint, marshals and signs
- Return transport where required (cut-off times apply)
- Certificates for all finishers
- Feeding station 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 the mandatory checkout 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 (there are alternative short all-ability routes from the start – ask the organisers or go to: www.GoBala.org).



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, etc.
- Many tourist attractions.

For more information:

- www.BalaChallenge.org.uk
- www.VisitBala.org and for Trails in the Bala area: www.GoBala.org
- Barmouth Tourist Information Centre (01341 280787)

Acknowledgements

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

- Sponsors
- Gwynedd Council for use of the Penllyn Leisure Centre.
- Long Distance Walking Association
- Bala Lake Railway
- Bill Taylor (wildlife expert)
- Snowdonia National Park Authority car parking and toilets
- Nereus, Bala (printing)
- Hywel Davies, Bala

Further information:

Keith Robinson Tel: 01678-521480

E-mail: info@balarotary.org

Web: www.balachallenge.org.uk



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 Scenic 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, dogs must be on a lead at all times.

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. Please have waterproof and warm clothing with you and suitable footwear (e.g. walking boots). If you observe any problems on the walk, which may affect other walkers, please advise the organisers, as soon as possible. None of the walks are suitable for wheelchairs or pushchairs but there is an all-ability route around Bala that starts from the Leisure Centre.

Experience and fitness

Bala Lake Scenic Walk: 8 miles (13 km) 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). Return transport is available using the Bala Lake Railway (Trains Depart from: Llanuwchllyn at: 11.00, 12.45, 2.20, 3.55 and take 25 minutes) or transport provided by the organisers.

Bala Lake Circuit: 23 km (14 miles) 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 more challenging in length, although this depends upon the capabilities of the walker.

Some experience of walking over open moorland is desirable. 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: 32 km (20 miles) 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 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
- Wear high visibility clothing
- 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

Emergency and non-emergency Assistance

Methods of obtaining assistance during the walk are:

- Telephone the emergency services 999 or 112 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 or 112 (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

Nearest Defibrillators:

Lake warden's office, Rugby Club, Leisure centre during opening hours, White Lion Hotel (Bala High Street), Parc Village Hall (1 mile up road from Pentrefelin last opt out point) And at the Village Hall Llanuwchllyn.



Bala Challenge (11th May 2019) Registration Form

(one per participant or group, listing all names, including children)

Name:

Age (if 17 or under):

Group Name (if applicable):

Raising funds for (if applicable):

Target amount:

Category of walk:

Bala Challenge (20 miles): Start/finish: Leisure Centre, Bala

Bala Lake Circuit (14 miles): Start/finish: Leisure Centre, Bala

Bala Scenic Walk (8 miles): Start: Leisure Centre, Bala; Finish: Llanuwchllyn (Railway Stn)

Registration Fee included: £..... (state amount; Cheques: Bala & Penllyn Rotary Club)

Minimum fees (**you may pay more if you wish** - all proceeds go to charitable causes):

- Advance entries: £8 per person (closing date: 4th May 2019)
- Entry on the day (or after 5th May 2019): £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)

Acknowledgement of entry: E-mail or SAE enclosed

Route Information: Download (7-days before event) or large SAE enclosed or on the day

Address:

Postal code:

E-mail address:

Permission to send future event info

Telephone number (home):

Mobile phone number:

Accommodation (Bala area):

(if known)

I agree to follow the rules of the Bala challenge:

Signature of participant/responsible adult

(if the participant is aged 17 or under the responsible adult must sign & print name)

Post the completed form(s) to:

Bala Challenge, c/0 28 Trem y Ffridd, Bala, Gwynedd, LL23 7DG, Wales, UK

Tel: 01678-521480, E-mail: info@balarotary.org (Contact: Keith Robinson)

This form may be photocopied



