



# BEACONS CHALLENGE HANDBOOK 2023





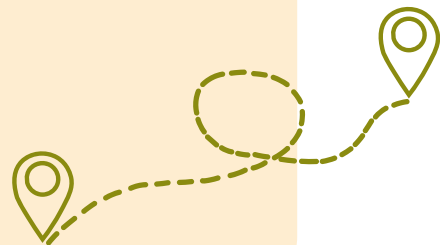


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Welcome to the Beacons Challenge 2023 Handbook!

We suggest all team members read through the whole handbook prior to the event.

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# THE EVENT

**Congratulations!**

**You're now registered and on the way to undertaking the Beacons Challenge 2023 consisting of either 6 Peaks or 10 Peaks of the Brecon Beacons! By taking on this challenge you are helping us to change the lives of many vulnerable young people. THANK YOU!**

**Please take the time to read through the handbook at least once and then use as and when you need advice, clarification or inspiration. Good luck with your training and fundraising and thank you for your support.**

**Although it is a few months away it will require some planning, training, and fundraising so here are a links to a few documents in preparation for July. You'll also be able to find a store of other useful information on our website:-**

**[Challenge Overview](#) - On our website**

**[Challenge Itineraries](#) - On our website**

**[Equipment Checklist](#)**

**[Weekly Training Planner](#)**

**[Fundraising hints and tips](#)**

**[Challenge Leaderboard](#) - On our website**

**[Accommodation Lists](#)**

**[Route Information](#) - On our website**





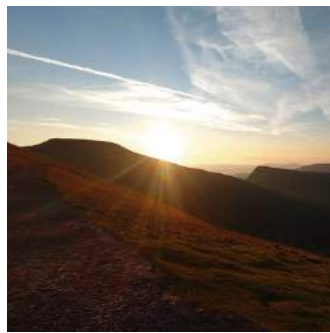
# OVERVIEW

On Saturday 15th July 2023, your team will take on the Beacons Challenge; a revamp of our well established annual 10 Peaks Challenge! You will have signed up for either the 6 Peak Challenge (17km) or the 10 Peak Challenge (34km). The Brecon Beacons will provide a stunning backdrop for the challenge and although we can't promise sunshine (it is Wales after all) we can promise glorious scenery and a rewarding experience we are sure you will enjoy.

All teams will need to register the night before the challenge (location TBC) so that we can run through a safety and radio briefing with you. All team members need to be present for this!

Both challenges are tough. The 10 peaks will cover a total distance of 34km and an ascent of 1695m, and the 6 peaks will cover a total distance of 17km and an ascent of 1,146m. The 10 peaks is likely to take approximately ten hours, but can take longer depending on your team... and of course the weather! All of your navigation skills will be required so come prepared with your map and compass.

At the end of the hike we will head to the Manor Hotel for a gala dinner and prize giving where teams will celebrate their immense achievement.







# ITINERARY

## Friday 14th July - Registration

**5 – 9PM**

**Registration and Safety Briefing for the 10 Peaks Challenge  
Location TBC**

**This briefing is vitally important and all team members must attend. It will cover more detail about the route itself, as well as essential mountain safety procedure**

## Saturday 15th July - Challenge Day

**6AM**

**10 Peaks Challenge starts from Pont ar Daf Car Park. Teams must arrive at the start line 20 minutes before their start time and will be set off at 2 minute intervals.**

**9AM**

**6 Peaks Challenge registration and safety briefing at Pont ar Daf Car Park**

**10AM**

**6 Peaks Challenge starts from Pont ar Daf Car Park.**

**7.30PM**

**Celebration, Gala Dinner and Prize giving at the Manor Hotel  
After the celebration (we recommend booking accommodation for the Saturday night too)**





# WHAT TO DO NEXT

## Rally the team!

You will now have confirmed your team of 2-6 walkers to take part in the event – a minimum of two is necessary so that no-one is left alone at any point in the hiking challenge and a maximum of six. Don't forget, you need to complete the whole challenge as a team. Faster members won't be able to run ahead and leave slower members behind, so make sure you are all comfortable walking together as a group.

## Medical Forms

Each participant **MUST** complete a Medical Form. Please fill in the forms as fully and accurately as possible. All information will be treated with the strictest confidence and only divulged to medical personnel in the event of an emergency. We must have the Medical Forms a minimum of 1 month before the event.

Note: Please remember to notify us of any changes in your team or medical details.

If you or any of your team takes regular prescription medication remember to take an adequate supply with you when you are training and also on the day of the event. It may sound like common sense, but experience has shown that it is not uncommon for someone to have forgotten his or her asthma inhaler or not realised it was nearly empty. This is equally relevant for more standard medications e.g. ibuprofen, aspirin.

## Plan a Team Meeting

Arrange a meeting once you've established your team – we advise that you go through our Handbook when you're all together and able to discuss your next steps. Download our Training and Fundraising Plans and get to work on a team schedule to follow over the next few months. This should include fundraising and training goals, deadlines and as many team walks on the hills as you can fit in

## Decide who goes on the Mountain Awareness Day - Saturday 3rd June 2023

The Beacons Challenge will be very demanding. All teams must have one, ideally two team members who are familiar with navigation techniques and mountain safety. Please nominate one or two people from your team to attend the Mountain Awareness Day. For those teams wanting more places (it's a great opportunity for some team training) then please contact Charlotte to enquire about availability

Please email Charlotte Clark on [Charlotte@youthadventuretrust.org.uk](mailto:Charlotte@youthadventuretrust.org.uk) to book your places or enquire about team participation



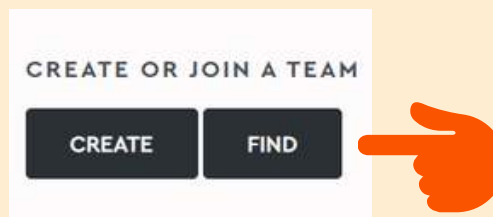


# FUNDRAISING

## Ready, Set, Fundraise!

It's time to share your team fundraising page! The great news is that when you registered, your fundraising page was immediately set up for you.

Now that it's set up, it's time to make sure all of your team members have joined the page too. If they haven't yet done so, they can just click 'join' on our event page and search for your team name.



Once you're all registered, we recommend customising your page and personalising it to encourage more donations, provide supporters with a greater awareness of the challenge you're undertaking and the work of the Youth Adventure Trust.

If you want to come back and do this later, you can of course do so, but please don't forget! Personalisation is key to encouraging support! You've got plenty of time to work your way towards the fundraising target.

Prizes will be awarded for the highest fundraising team, so while winning isn't everything, it doesn't hurt to aim for the top, right?







# WHAT ARE WE FUNDRAISING FOR?

Outdoor adventure can have a massive impact on somebody's life. Especially when you are 11 and vulnerable.

The Youth Adventure Trust works with disadvantaged young people from the age of 11 until they are 16. Many of them are struggling at school, aren't able to fit in, hate being in the classroom, have no positive role model, no aspirations, or chaotic and unstable home lives. They could be young carers looking after a parent or other family member, they may be in foster care, on the brink of getting a criminal record or being excluded from school.

“

"When I started the programme I was 11 years old. I was quiet, shy, worried, lacking in confidence and I felt like I didn't really fit in at school. My anxiety was constantly getting the better of me and I found myself asking questions all the time.

If I hadn't taken part... I'd be in a completely different place, I reckon I would still be really anxious, worried and still fearing any sort of change."

**-Ben, Young Person**

Their circumstances make it all too easy for these young people to make poor choices that will affect the rest of their lives. By taking them outside, we help them discover their true potential and exceed their expectations. Our three school-year programme uses outdoor adventure to inspire them and give them the hope, confidence and skills to face their personal challenges. We stop them becoming another statistic.

Our life changing programme is free to the young person, but each place costs us £3,900. Your fundraising will support our work with young people and will make a real difference to their lives. For more information and examples of how your sponsorship changes lives, go to [our website](#).



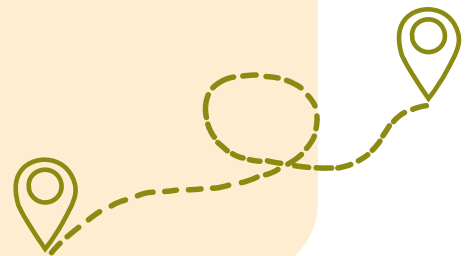




# ACCOMMODATION

**Teams should organise their own travel and accommodation for the event. For a list of possible accommodation options, [click here](#).**

**Accommodation in the Brecon Beacons gets booked up really early, so we recommend booking as soon as possible!**





# PREPARATION AND TRAINING

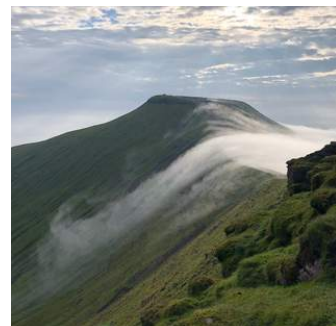
The Beacons Challenge is going to be tough for teams taking part in both the 10 peaks and the 6 Peaks! It is essential for your own comfort and enjoyment that you have adequately prepared yourself physically and mentally for the event.

Whether you're a seasoned walker, fitness fanatic, occasional exerciser or a couch potato, we've put together some documents to help you effectively train for your time on our challenge. Our Challenge Preparation Top Tips is a good place to start. Note: If you have not trained for a long time or feel that you may be particularly unfit, we recommend you seek the advice of a Doctor prior to beginning any exercise programme. This is also true if you are suffering from any illness particularly relating to the heart and lungs.

The mountains are calling..

Remember, although it is advised that you commit to regular exercise, this will be no substitute for heading for the hills! Try and get the team together for at least one hike – you will be able to better assess your combined fitness level. Also, please note that whilst we will have marshals along the route it is essential that your team has two members who are able to navigate using a map and compass. Otherwise you will find the challenge might take much longer!

It is also essential to have the appropriate kit such as walking boots, waterproofs, water bottle, plus team things such as a compass, whistle, first aid kit & walking poles. See the Equipment Checklist







# FAQs

## How many team members need to be present for the safety briefings?

It is compulsory for all team members to attend the safety briefing. If there is an issue with team availability, give us a call.

## How fit do I need to be to complete the challenge?

You will need to have a reasonable level of fitness for the challenge, though you are advised to follow the advice in our handbook to be as prepared as possible! Consult your doctor if you are concerned about any injuries or illnesses that may interfere with challenge participation.

## Will I actually need walking poles?

Yes! Walking poles are recommended to reduce stress on your knees during areas of descent, and are useful in cases of injury to help assist the individual off the mountain, preventing a full scale rescue. We ask each team to carry at least one pair of poles between them.

## Should I carry full waterproofs?

Yes! Conditions in the mountains can change rapidly – you'll be miserable if you get caught out and you have far to go!

## Can't I just wear trainers?

NO! You will absolutely require boots with ankle support in a material that offers protection against the elements. Low and mid cross trainers are not allowed.

## What food and drink should I take on the walk?

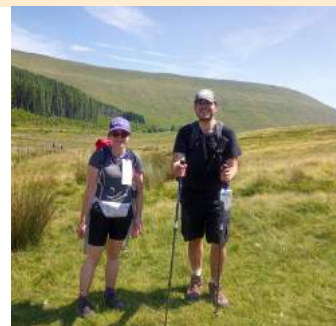
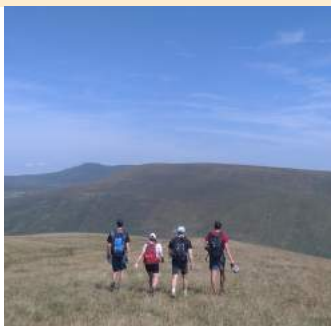
Full meals are not advised as you'll be snacking constantly rather than stopping for a big lunch. Lightweight, high energy foods such as nuts, muesli bars, dried fruit and chocolate are all good hiking snacks. Every team member should also carry at least 1 litre of water – we will let you know if there are any water stations on the route in the safety briefing.

## Do I need insurance?

As an event organizer, we have public liability insurance. You are responsible for obtaining personal liability insurance.

## What is the dress code for the dinner?

There is no strict dress code for the dinner but we recommend smart casual!





# USEFUL DOCUMENTS

Here is the list of all the downloadable documents you can find on our website.

Click on the links below to access them.

## Administration and Important Forms

- [Medical Form](#) please complete ASAP!
- [Challenge Itinerary](#)
- [Accommodation List](#)

## Physical Preparation

- [Equipment Checklist](#)
- [Example Training Plan](#)
- Mountain Awareness Day - Email [charlotte@youthadventuretrust.org.uk](mailto:charlotte@youthadventuretrust.org.uk)
- [Route Information](#) - On our website

## Fundraising

- [Fundraising Top Tips & PR Advice](#)
- [Fundraising Mountain](#)
- [Sponsorship Form](#)







# CONTACT US



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## GOOD LUCK!

