

## Frequently Asked Questions

### What are the key dates for the challenge?

- **Date TBC – Online Safety Briefing**

Before event day, all participants will be required to watch a pre-recorded safety briefing. This will cover everything you need to know to stay safe and informed, and you'll also have the opportunity to submit any questions to our event team.

- **Friday 11th September – Registration Day**

Head to our event base in Llanberis to check in, collect your race pack and event t-shirt, and drop off your bags ready for the big day.

- **Saturday 12th September – Challenge Day!**

Teams will set off at staggered start times to tackle all three parts of the challenge together.

### How long does the challenge take to complete?

Most teams finish within **7 to 10 hours**, depending on pace and conditions.

### What's included in the event package?

- Comprehensive safety briefing
- Meals: breakfast, lunch, and dinner
- Kayaking gear (paddles and life jackets)
- On-site bike mechanics
- Optional bike hire (additional fee)
- Secure bike storage and racks
- Clearly marked changeover stations
- Qualified marshals along the route
- First aid support
- Alder Hey event t-shirt
- Finisher's medal
- Team awards
- Professionally produced event video

### What's not included?

- **Accommodation** – We'll share recommended options in Llanberis, Bangor, and Caernarfon once your team is registered.
- **Travel** – Getting to and from the event is your responsibility.

### Who can take part?

The Yr Wyddfa Challenge is open to participants aged **16 and over**. Those aged 16–17 must be accompanied by a parent or guardian.

### Where does the event start and finish?

The challenge begins and ends at our event hub in **Parc Padarn, Llanberis**. Full location details will be provided after registration.

### What kind of bike should I bring?

We recommend a **road or hybrid bike** for the on-road cycling route. Mountain bikes are allowed, especially if that's what you've trained on, but they may not be ideal for the terrain.

### Can I use an e-bike?

Yes, e-bikes are welcome! Just note that teams using e-bikes won't be eligible for fastest finisher awards to keep things fair.

### How do I arrange bike hire?

Once you've signed up, you'll have the option to request bike hire. This comes at an extra cost and includes:

- Bike for event use
- Helmet
- Delivery and collection
- Setup support at registration

- Overnight secure storage
- Mechanic support on event day

### **Where should we stay?**

Accommodation is up to you and your team. After registration, we'll send you a list of recommended places to stay in **Llanberis**, **Bangor**, and **Caernarfon**—with options to suit all budgets.

### **What if the weather is bad?**

The event will go ahead in most weather conditions. If needed, we have alternative mountain and paddle routes ready to ensure safety while keeping the challenge spirit alive. Tough weather just adds to the achievement!

### **Will we get help with fundraising?**

Absolutely! Our team is here to support you with fundraising ideas, resources, and guidance every step of the way.