

# INFORMATION PACK

**THE  
WALES  
TRIPLE  
2025**



The graphic features a green and black shield-like shape with a jagged top edge. Inside, the text 'THE WALES TRIPLE 2025' is written in a bold, white, distressed font. Below the text are three circular icons: a bicycle, a boot, and a musical note with a treble clef. The background of the graphic is a dark, textured pattern.



Generously sponsored by



Thursday 3<sup>rd</sup> April – Friday 4<sup>th</sup> April 2025



**THANK YOU SO MUCH FOR TAKING PART IN OUR FIRST EVER WALLEs TRIPLE EVENT, HELPING CHILDREN WHO FIND THEMSELVES VULNERABLE AND ALONE ON STATIONS AND STREETS AROUND THE UK, INDIA AND TANZANIA.**

**Congratulations you are all signed up for the 1st ever Wales Triple Challenge for Railway Children. This event guide contains all you need to know to prepare for the event..**

We are very grateful to our headline sponsor, Worldline, for their support of this event. Thanks to them, so much more of your hard-earned fundraising will go to the children who so desperately need our help.

If you have any further questions about the event after reading this pack, please get in touch with our events team at [events@railwaychildren.org.uk](mailto:events@railwaychildren.org.uk).



**BEFORE  
THE EVENT**



**TRAINING**



**DURING  
THE EVENT**



**WHAT TO  
BRING**



**REACHING YOUR  
FUNDRAISING  
TARGET**



# BEFORE THE EVENT

## Medical information:

This is a team event, and not a competition, so please work with everyone who is taking part. Safety is our primary consideration. It is a good idea to do some of your training with others and go on some practice hill walks and all terrain cycling. There is lots of useful training info outlined in this document.

As part of your registration, you gave us your medical information relating to the challenge, if at any point prior to the event there is any changes to this information please **contact us** straight away.

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please speak to your doctor or specialist if you have any concerns about taking part.

If you think that there are things we can do to make the challenge more accessible/ comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request

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



## Insurance:

Railway Children has public liability insurance, and this protects participants in the event of negligence on the part of the organisers. However, this is not personal accident cover for individuals. All participants should ensure that their personal insurance arrangements do not preclude them from participation in this type of activity and that they are adequately covered in the event of an accident.



## PREPARATION & TRAINING:

This challenge will have your biking, kayaking and hiking in the Snowdonia National Park, and requires a moderate to good level of fitness. The ideal training for this challenge is, naturally, hill walking and cycling.

The Wales Triple is a testing event but is within the reach of most people with a basic level of fitness provided that they are properly prepared. The qualities required are a combination of determination and commitment, but you will also need to have the strength and stamina to sustain you through what is going to be a very physical time. This can only be achieved through training.

As well as hill climbing, your training should also include some cycle training, preferably, including some hills.

The biking section of this challenge is a mixture of road cycling and some off-road trails, but you should gear your training to being comfortable on a bike and have experience of cycling up hills.

For the kayaking, no prior experience is necessary, although if you have the opportunity to go to a local kayaking/canoeing club then this would help. Kayaking requires good upper body strength, so if possible, doing some exercises or light weights to build your strength would be advantageous.

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!



## 5 REASONS TO TRAIN!

1. You will have a far better chance of completing the challenge.
2. You will enjoy it far more if you have a good level of fitness, and are far less likely to become injured.
3. It will improve your circulation, breathing and endocrine functions and strengthen your heart, reducing the risk of heart attack and stroke.
4. It tones muscles and strengthens bones, reducing the risk of osteoporosis, reduces blood fat and cholesterol and burns calories!
5. It boosts mental performance and improves psychological wellbeing.



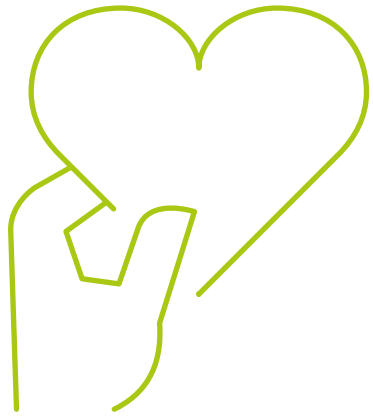
### Top tips for training:

- Get up an hour earlier and go out for a quick walk in the morning before work or use your lunchtimes to take regular brisk walks around your work area.
- If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you can walk some distance each day. If you drive, park further away than usual, or walk a longer route to work
- Find a steep set of stairs i.e. five floors of a department store/ office block and climb them five times at least three times per week.
- Cross training such as swimming, squash, badminton, cycling and any other sport will also help get you prepared.
- Book weekends away with family, friends or team mates to some mountainous region in the UK to experience walking on different surfaces and in a mountain environment to test out all your equipment
- You should make the time to train some consecutive long day; it is the accumulation of walking day after day that really tests you



CHECK OUT  
THE TRAINING  
PROGRAMME HERE.





### How to avoid injuries:

- To avoid blisters, keep your feet dry and wear socks made with fibres which draw moisture away from your skin, steer clear of pure cotton. Don't lace your boots too tightly or too loosely. As soon as a hot spot occurs (a rubbing of the skin which then feels warm), remove your boot and apply a blister prevention kit i.e. 'Compeed'.
- When walking, try to make sure your heel touches the ground first and then you push off with your toe.
- Try to walk with your head up and eyes focused ahead, not always easy on difficult terrain! Keep your shoulders level, pulled back and down, lift your chest.



### Medical support:

Our Challenge partners 'Adventurous Ewe' will have first aid trained guides and marshals throughout the event, as well as Railway Children's event manager, Cat Howourth. There is a small supply of first aid equipment on the event, but you are advised to bring your own first aid kit. This should include blister treatment, e.g. Compeed, support bandages and ibuprofen.



### Getting to and from the event:

The event starts and finishes in Snowdonia National Park with transfers being arranged to take you from there, you will need to make your own way to and from The Royal Victoria Hotel, Llanberis in line with the timings outlined on the next page.



# DURING THE EVENT

Timings for the event, are approximate and may be subject to change

## THURSDAY 3<sup>RD</sup> APRIL

**15:00** Check in is available from 15:00, please be at the hotel by 19:30.

**19:30** Registration and safety briefing.

Overnight stay in The Royal Victoria Hotel, Llanberis.

## FRIDAY 4<sup>TH</sup> APRIL

**07:00** Group breakfast at The Royal Victoria Hotel, Llanberis

Packed lunches to be collected at breakfast.

**08:00** Depart directly from the hotel for challenge

**18:00** Challenges finish – we anticipate the challenge will finish between 16:00 and 18:00.



Everyone will need to check out of the hotel on the morning of the event. Overnight bags will be stored in one of our support vehicles during the day.





# THE CHALLENGE

[Routes for the event can be found here](#), there are subject to change based on challenge and weather conditions.

## CYCLING

The cycle element of this event is predominantly on roads as we take in the beautiful scenery of Snowdonia, in the shadow of the epic mount Snowdon. There are some hybrid bikes available, and the majority are the below specifications. You are welcome to bring your own bikes for the event, but please let the events manager know this in advance so that storage can be arranged.



All participants must bring their own helmet.

You may wish to bring a pair of cycling shorts or trousers to wear for this section. You will have the opportunity to change into them before completing this section. Whilst you are welcome to take your daysack on the bike with you, we would recommend that you keep this back at the event base to make the bike section more comfortable.

### Bike Specification – FORME Curbar 4

Sizes: 14" (27.5"), 17.5" (27.5"), 19" (29"), 21" (29")	Frame: Alloy 6061, Internal cables and headset
Fork Zoom 100mm	Shifters: Shimano Ez Fire Plus, 21 Speed
Rear Derailleur: Shimano TY300, 7 Speed	Front Derailleur: Shimano TY700, Triple
Chainset: Prowheel, 170mm, 24,34,42T	Cassette: Shimano TZ500, 7 Speed, 14-28T
Chain: KMC 7 Speed	Bottom Bracket: Square Taper, Cartridge Bearing
Brakes: Tektro, M280, Cable Disc	Handlebars: Forme Alloy, 740mm x 31.8mm, 20mm Rise
Headset: 44mm Integrated, Cage Bearing	Grips: Forme Lock On
Stem: Forme Alloy, 60mm x 31.8mm	Saddle: Forme Sport Comfort
Seatpost: Forme Alloy, 2 bolt, 30.9mm	Pedals: Black Alloy, Platform
Wheelset: Forme Alloy, 32H Double Wall Rims, Bolt QR Hubs	
Tyres (14" & 17.5"): Deli 27.5 x 2.1"	Tyres (19" & 21"): Deli 29 x 2.1"





# THE CHALLENGE

## KAYAKING

Kayak approx. 3 miles across Llyn Padarn. Nestling in Snowdon's ever-present shadow, the lake lies amongst the beautiful landscapes of the Llanberis Pass and provides a fitting end to this awe-inspiring journey. The exact route will depend on the weather and how much time the group have before completing the challenge.

You will be paddling two-person, kayaks that are designed to be extremely stable. You will be sharing the kayak with another participant from your group (team member if you have signed up as a team of two). Full safety instruction is provided by our qualified leaders and these leaders will also accompany you on the water in case of any difficulties.

You do not need to have a wetsuit or swimming costume for this section. Most people complete this part of the challenge wearing the same clothes that they used for the bike and trek.

However, if you wish to bring separate clothes for this section then you will have the opportunity to change into them before undertaking this section of the challenge. You will need to wear shoes or trainers whilst in the canoes, so you may wish to consider bringing along a spare pair of old trainers.

### Kayak Specification - RTM Ocean Duo Sea kayaks

The RTM Ocean duo sea kayak is a multi-person kayak. It's designed to accommodate 1, 2 or 3 persons. The RTM Ocean Duo sea kayak has a unique centre seat, it can be paddled solo, with a fellow paddler and or a passenger! Comfortable and dry it is a pleasure to paddle. Equipped with storage areas in the stern and centre of the boat you can utilise the RTM storage barrel system or use simple dry bags. Built in keel for tracking and built in shoulders to promote stability and lateral carry handles.



Please be aware that the cycling/kayaking timings will be flexible and based around group ability and pace. e.g. if it has taken longer to cycle/trek, then the kayaking will be shortened. Equally, if the pace is faster, then the group will have more time kayaking. Weather will also have a big part to play.



# THE CHALLENGE

## TREKKING

Climbing to the summit of Snowdon – 14.5km, 1,085m; it generally takes groups around 6 hours to complete the Snowdon hike. The terrain on the trek varies throughout and can be rough at times, so be prepared! The path on the trek is steep and uneven and includes a section of loose rocks as you near the summit.

Mountains leaders will advise on cut off times before you set off as this will be affected by things like weather and how busy the mountain is. However, as a rough guide we tend to say people should make the summit in 3.5 hours.





# THE CHALLENGE

## EVENT SAFETY

Instructions given to you by the event organisers must be adhered to at all times. Railway Children will not take responsibility for any incident that occurs as a result of teams or individuals not heeding advice and instructions given.

The Wales Triple Challenge is a team event and is not run as an individual, against the clock challenge. We would encourage everyone taking part in this challenge to support each other to achieve everything that they can.

However, with any multi-activity challenge we fully expect people to have very different abilities across the biking, trekking and kayaking sections. Just because you are an experienced trekker does not mean you have lots of experience in a kayak. This is perfectly normal, and we fully expect this.

On each of the 3 activities we encourage you to stick-together as a team as much as possible. However, if it becomes necessary to split the group then we have a suitable number of leaders to allow this to happen

### **There are two important points to note regarding how we manage the groups on this challenge:**

- We must wait for all participants to finish an activity before moving on to the next one.
- All 3 activities are 'leader led'. We do not route mark either the bike or trek routes and so we ask everyone to stick with the leaders at all times. They are experienced at managing groups on these activities, and they enable us to keep everyone safe and keep the challenge running smoothly.





# THE CHALLENGE

## WEATHER

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

As this challenge takes place in the mountains, it is worth checking out the Met Office's specialist mountain weather forecast [here](#). You can use the search function to find the summit forecast for your challenge's main mountain summit (e.g. Snowdon). You can also check the Mountain Weather Information Service forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

Strong winds may require us to take a lower-level route at times or to descend the mountain early if the wind speeds become too much.





# WHAT TO BRING

## Equipment - There are no excuses for not coming prepared.

You place yourself at the mercy of the weather, on exposed peaks, across the highlands and on the water, and as such not only put yourself at risk but others who must assist you. Please bring what is asked for on the kit list below, everything requested is for good reason:

- |  |   |
|--|---|
| <input type="checkbox"/> Item Clothing Suitable trousers (not jeans) | <input type="checkbox"/> Full waterproofs – jacket and trousers     |
| <input type="checkbox"/> Hat/sunhat                                  | <input type="checkbox"/> Gloves (for warmth as well as for cycling) |
| <input type="checkbox"/> Boots with ankle support & walking socks    | <input type="checkbox"/> Rucksack with a hip belt                   |
| <input type="checkbox"/> Water container – bottle/bladder            | <input type="checkbox"/> Snacks if required (lunch provided)        |
| <input type="checkbox"/> Headtorch                                   | <input type="checkbox"/> Two walking poles, if required             |
| <input type="checkbox"/> Sunscreen/Sunglasses/ Insect repellent      | <input type="checkbox"/> First aid kit (include blister plasters)   |



This is a tough challenge and to give yourself the best chance of successfully completing it please make sure that you have consulted the kit list carefully and that you have all kit marked as essential. No spare kit will be provided on the challenge.

## Footwear

Suitable footwear designed for trekking is required for Snowdon, and suitable shoes are also required for cycling. Remember that these may well need to be broken in beforehand. It would be unwise to start this event with new footwear. Ideally use your shoes for your training and experiment with different sock combinations to see which one suits you the best.

Many people prefer to wear a trail shoe instead of boots as they find that they are lighter and more comfortable. Trail shoes are fine to wear, but please make sure that they have good grip on the soles. Sports trainers are not appropriate for climbing Snowdon.

The full kit list provided by our challenge partners Adventurous Ewe can be found here [found here](#).



# WHAT TO BRING

## Clothing

Clothing essentially consists of three main layers.

- The base layer that is next to your skin should be capable of transferring or 'wicking' moisture away from your skin to try to keep you reasonably dry.
- The mid-layer needs to be thicker, typically a fleece or something similar. This is where the moisture wicked away by the base-layer will collect to evaporate into the air.
- The outer layer which should be both windproof and waterproof.

As with all outdoor clothing there are many different examples to suit different budgets. Waterproof over-trousers will be needed for wet and cold weather. Carry spare clothing in your rucksack in a protective waterproof bag. You will be taking layers on and off depending on the activity you are doing.

It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your 12-hour challenge!

You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the expedition, the more you will get out of it

## Rucksack

You will need a comfortable daypack. As with the boots, try to make sure you have used it previously, perhaps during your training walks. It might feel comfortable in the car park but when you have been walking with it for three hours it could be an entirely different matter. Make sure you also get used to walking with a backpack with at least 2 litres of water in.

## Walking Poles

For many people, walking poles make a long walk easier. They turn your body into 4-wheel drive! Using poles will reduce the accumulated stress on the feet, legs, knees and back. It does this by sharing the load, helping with balance and improving posture.

Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.



# ACCOMMODATION

We will be staying in Llanberis, at the foot of Snowdon, at [The Royal Victoria Hotel](#).

Rooms will be twin rooms with 2 people sharing. All bedrooms are en-suite with modern decor. They have direct dial telephones, flat screen television, tea and coffee making facilities, iron and ironing board and hairdryer. Majority of rooms have bath and shower with a small number of rooms having a shower only.

Car parking is available at the hotel. If you are travelling by train, the nearest station is Bangor Train station. It is then a short 20min trip to the hotel. A local taxi can be booked with Snowdonia Taxi by calling 01286 872447.

Participants must arrange their own transport to and from the hotel – please get in touch if you need any support with this.





# FOOD & DRINK

We collected your dietary requirements as part of your event registration, if this has changed at all please let us know asap.

The following meals are included in the event:

**Thursday 3<sup>rd</sup> April**

**No meals**

**Friday 4<sup>th</sup> April**

**Breakfast, packed lunch**

- A packed lunch usually consists of a sandwich, fruit, crisps and a snack bar. These typically include a piece of fruit, crisps and chocolate/cereal bar per person per day
- Drinking water will be provided throughout the challenge, please ensure you have suitable water containers to fill up with approx. 2 litres of water.

- This is an all-day challenge. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids
- There is no evening meal on the first night, due to all participants arriving at different times throughout the afternoon/evening etc.







# THINGS TO REMEMBER

## Toilets

Participants will be able to utilise the bathroom facilities in the morning prior to the start of each day's challenge, as well as after the hike and again at the end of the day. However, during the challenge facilities will be limited to the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.



## Responsible tourism

We recognise our responsibility to the places we visit, and also to local people. We believe that we need to preserve and respect the locations in which our challenges take place, in order for future generations to have the same fantastic experience as you. We are passionate about the environment and our relationship with the local communities where our challenges take place and as a participant on one of our challenges it is expected that you share our passion and follow the guidelines below:

- Be courteous to the local community
- Keep noise to a minimum especially near dwellings
- Keep to the planned route and do not stray onto private property
- Leave no trace of your visit
- Do not disturb wildlife or livestock
- Take all litter away with you including fruit peelings and dispose of it appropriately



# REACHING YOUR FUNDRAISING TARGET

Through registering for this event, you pledged a minimum individual fundraising target of £350, with your fundraising page being automatically set up on the 'Enthuse' platform.

This is the easiest way to reach your fundraising target and all donations made through your fundraising page will come directly to the charity and will go towards your fundraising target. You can easily add offline donations to your page too.

This is a tough challenge and in order to succeed, you will have to dedicate a good deal of time to training and preparation, so tell people just how tough it is! In any communication tell them exactly what you are doing on the day and generally leave them in awe of the task you are undertaking. This may gain their sympathy or their admiration, or simply leave them thinking you must be mad, but it will help to gain their attention and raise funds!





Here are some tips to help you reach your fundraising target and beyond!

- **Tell anyone and everyone!** Social media is one of the best ways to tell people about your fundraiser. Share pictures of you throughout the challenge – the good bits and the harder bits! Don't forget all those WhatsApp groups you are part of too!
- **Tag @RailwaychildrenUK** in your posts and remember to include a link to your online donations page.
- **Did you know that 20% of fundraising comes in after an event?** So, share how you did, what taking part meant to you and how it has affected how you feel. You'll be amazed at how many extra donations come in after the event - fundraising pages will be open for 4 weeks after the event.

IF YOU RAISE ANY MONEY OFFLINE, PLEASE GET IN TOUCH FOR OUR BANK DETAILS SO THAT YOU CAN SEND IT DIRECTLY TO US. WE CAN STILL ADD IT TO YOUR FUNDRAISING PAGE TO SHOW HOW WELL YOU ARE DOING WITH YOUR FUNDRAISING.

- **Don't forget to ask your donors to Gift Aid**, this adds 25p onto every £1 they give at no extra cost to you or your donor (gift aid does not count to your fundraising target, it's an added bonus!)
- **Does your company have a match funding scheme?** Many will match your personal fundraising pound for pound, or make an additional donation based on the amount you have fundraised – contact your HR department to see what your organisation can offer. .



# THANK YOU FOR MAKING A DIFFERENCE

The money you raise from taking part in this event can help children like Darcy, who ran away from home after arguments turned into fights and she felt as though she was part of the problem.

Or Anuj who is from a low-income family and unbeknown to his family, aged 14 set off in search for work to try and help.

Or Kanoni who was only nine years old when she was found living on the street. As she grew up, her only means of survival became sex work.



£100

could pay for four hours of one-to-one support for a vulnerable child in the UK when they need it most.



£350

could pay for a family reintegration worker in India to spend a month tracing children's families, reuniting them where possible and working with the whole family to ensure the child is safe and that they can thrive together.



£500

could pay for an outreach worker in Tanzania to search the streets and bus stations for a month looking for and protecting children at risk.



For any fundraising support, or if you would like to order fundraising materials such as collection buckets and leaflets, please get in touch with our events team at [events@railwaychildren.org.uk](mailto:events@railwaychildren.org.uk)

## CHANGE A CHILD'S FUTURE TODAY

Your support makes our work possible. It's the only way we can ensure all children are seen, heard and protected, so no child has to live on the streets anywhere in the world.

**THANK YOU FOR SUPPORTING OUR WALES TRIPLE EVENT WHICH WILL  
HELP US CONTINUE TO REACH AND PROTECT VULNERABLE STREET  
CONNECTED CHILDREN IN TANZANIA, INDIA AND THE UK**

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Registered charity number 1058991

Wherever possible we gained consent of the children pictured in accordance with our child protection policy. Names have been changed and models used to protect identities. Your donations will transform the lives of children in Tanzania, India and the UK - wherever the need is greatest.

Generously sponsored by

