

YR WYDDFA
CHALLENGE 2026

EVENT GUIDE

WELCOME



Welcome to The Yr Wyddfa Challenge - Alder Hey Children's Charity's brand-new event for 2026 - in partnership with eight children's charities across Liverpool & Merseyside.

Together we are proud to unite for this ground-breaking new team event taking place on Saturday 12th September 2026 in the stunning surroundings of Eryri (Snowdonia) National Park, North Wales.

The Challenge, organised by Alder Hey Children's Charity, will unite the region's children's charities behind one shared mission: supporting children and young people who need vital care across our city and beyond.



CHICS
Children's
Cancer Support



**Ronald McDonald
House Charities™**
United Kingdom



The date for your Yr Wyddfa Challenge is rapidly approaching!

We are delighted to be the delivery partner of this event and would like to thank you for taking part and being involved in what will be an incredible day.

Our role is to ensure the smooth and safe delivery of the event. As part of your preparations, please read through this document carefully so you are fully prepared before your arrival at the Event Registration.



EVENT OVERVIEW



EVENT DATE

Saturday 12th September 2026

EVENT REGISTRATION / EQUIPMENT DROP

Friday 11th September From 1600 - 2000

For those that cannot attend registration on Friday you can register between 0600 - 0630 on Saturday.

SAFETY INFORMATION

Supplementary information to this event guide will be sent out via email from Alder Hey Children's Charity or one of the charity partners between now and the event. This will contain videos detailing important safety information about the event as well as guidance on kit and training. Please ensure these emails don't go to junk and that you don't 'unsubscribe' from emails from Alder Hey Children's Charity.

OVERVIEW

The Yr Wyddfa Challenge is an 'Adventure Triathlon' where participants complete three activity phases as a team four. Participants will complete the Bike, Hike and Paddle phases raising vital funds in support of your chosen charity.

All set against the dramatic backdrop of Snowdonia's mountains, lakes, and valleys — offering some of the most incredible views you'll ever experience while taking on a challenge. This is a team challenge, so remember: You are only as fast as your slowest teammate, so its important to stay together.



REGISTRATION

We strongly advise all teams to attend registration on Friday night to avoid delays on the morning of the event. Those teams who can't attend on Friday must let the charity know in advance. Registration is held the evening prior to the event at the Event Hub.

<<Parc Padarn>> Event Field, Parc Padarn, Llanberis, Y Ganolfan LL55 4UR ///monkeys.outer.stung

At registration teams will be given their event packs, including event numbers, safety pins, cable ties and parking permit (see below).

Teams can have their bikes safety checked by the event mechanics. Teams can leave their clothing and equipment for the event in their transition area overnight. *The event organisers accept no responsibility for items left in transition.*

PARKING

There is a designated car park for the event which is located a 5 minute cycle from the event hub in Llanberis, parking is free for all vehicles for the duration of the event. Next to the event hub is a public pay and display carpark, this carpark can be used for registration and to drop equipment but will be subject to pay and display. Cars must be parked in a carpark and not on the street. The event carpark will be signposted from the event hub. Please see next page for more details.

BIKE COLLECTION

Those teams hiring a bike from Bike Hire UK will be able to collect their bike from the hire station set up in the event hub. The team from Bike Hire UK will fit the bike to your size, you'll then be able to leave it on your teams transition rack in the transition area.

START

Teams will be allocated a start wave time, each wave consists of 15 teams and will alternate between the three activities in 15 minute departures from 08:00. You will receive your start time and phase order at registration.

At the start line, teams will be issued a tracker which will transmit the teams live location to an online map allowing friends and family to follow their progress. Each team will also be issued with an electronic 'dibber' which is used for the timing of the event.

TRANSITION

There is a transition zone at the Event Hub which is an enclosed area. Each of the activity phases are circular, departing and finishing from the Event Hub. Each team has a designated bike rack and transition area to leave their clothing and equipment for the three phases. Arriving at the transition zone teams will rack their bikes and change clothing before heading onto the next phase.

All items left in transitions are left at the owners risk.

FINISH

Once all three activity phases have been completed teams will receive a medal at the finish line. Teams can then collect their transition equipment and get changed for a final time. A celebration meal is then available for all participants and awards for the fastest times are given out.



PARKING



OFFICIAL PARKING

One of the stipulations of our event licence is that we must ensure that participants park in the designated car park and not use the local car parks or on the road. We have provided all participants with free parking at Glyn Rhonwy car park.

Parc Padarn Car Park can be used at registration to drop kit and post event to collect kit. Please do not use this car park for the rest of the event.

The parking at Glyn Rhonwy is 2km from the event hub, it is therefore recommended that you leave your transition equipment overnight at the event hub during registration, and cycle from the parking to the event hub on the morning of the event. There will be a mechanic at the parking on the morning of the event should you have any last minute mechanicals. The route will be signed and marshalled.

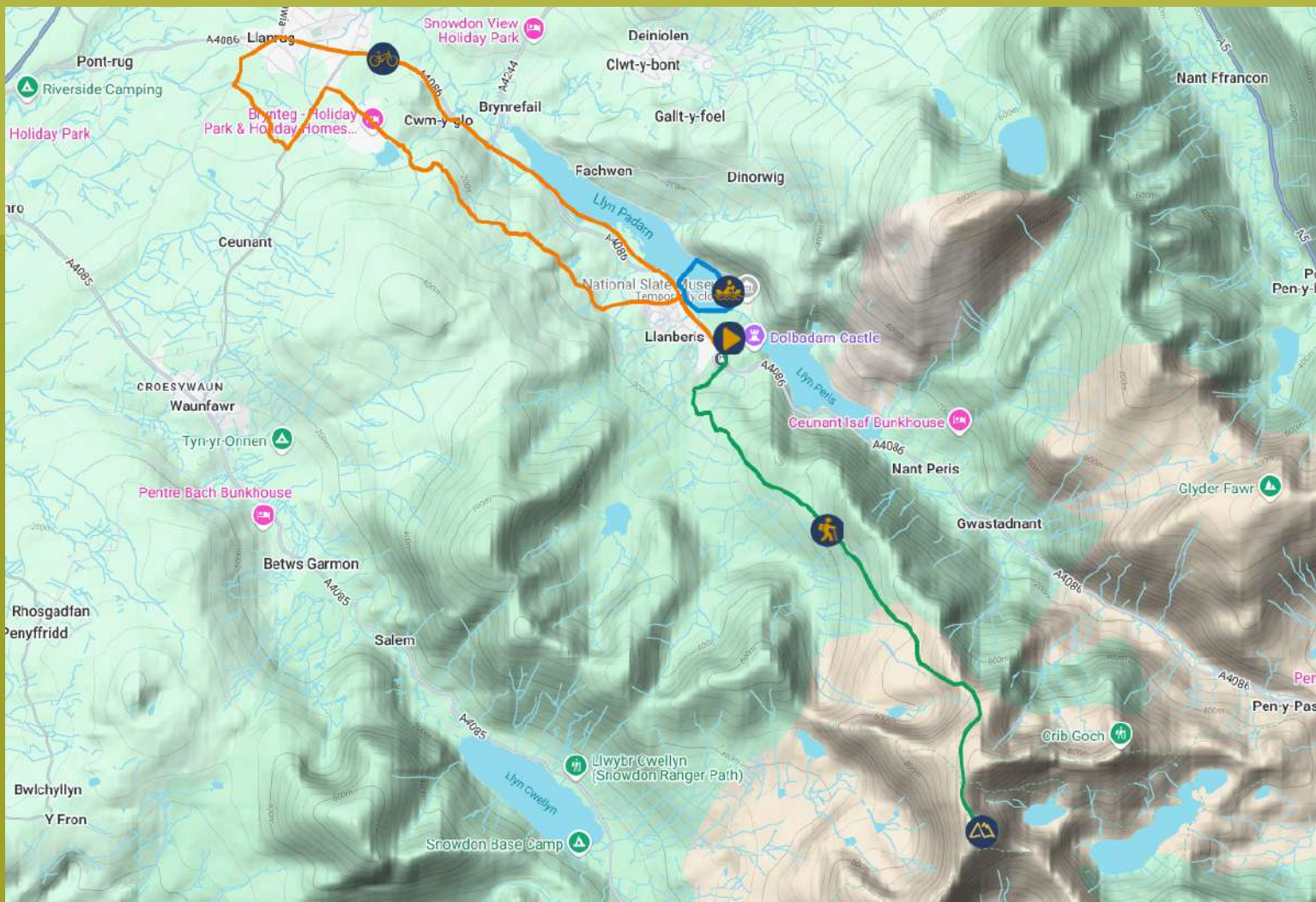
Scan to Navigate to Parking
Google Maps



Scan to Navigate to Event Hub
Google Maps



EVENT OVERVIEW



GOOGLE MAPS

Click or scan QR code for GoogleMaps



CYCLE PHASE

A 15km circular road ride departing along the southern shore of Llyn Padarn on traffic free cycle route. At the half way point in Llanrug the route returns on the back lanes to the event hub.

PADDLE PHASE

Launching from the Slate Museum teams depart on a circular 3km route along the shores of Llyn Padarn with a short crossing to the opposing lake shore before returning to the Slate Museum.

HIKE PHASE

A 15km out and back route summiting Yr Wyddfa (Snowdon) via the Llanberis path.

CYCLE PHASE



15km / 9miles



179m / 587ft



1 to 1.5hrs



Click for
STRAVA

Google My Maps



CANOE PHASE



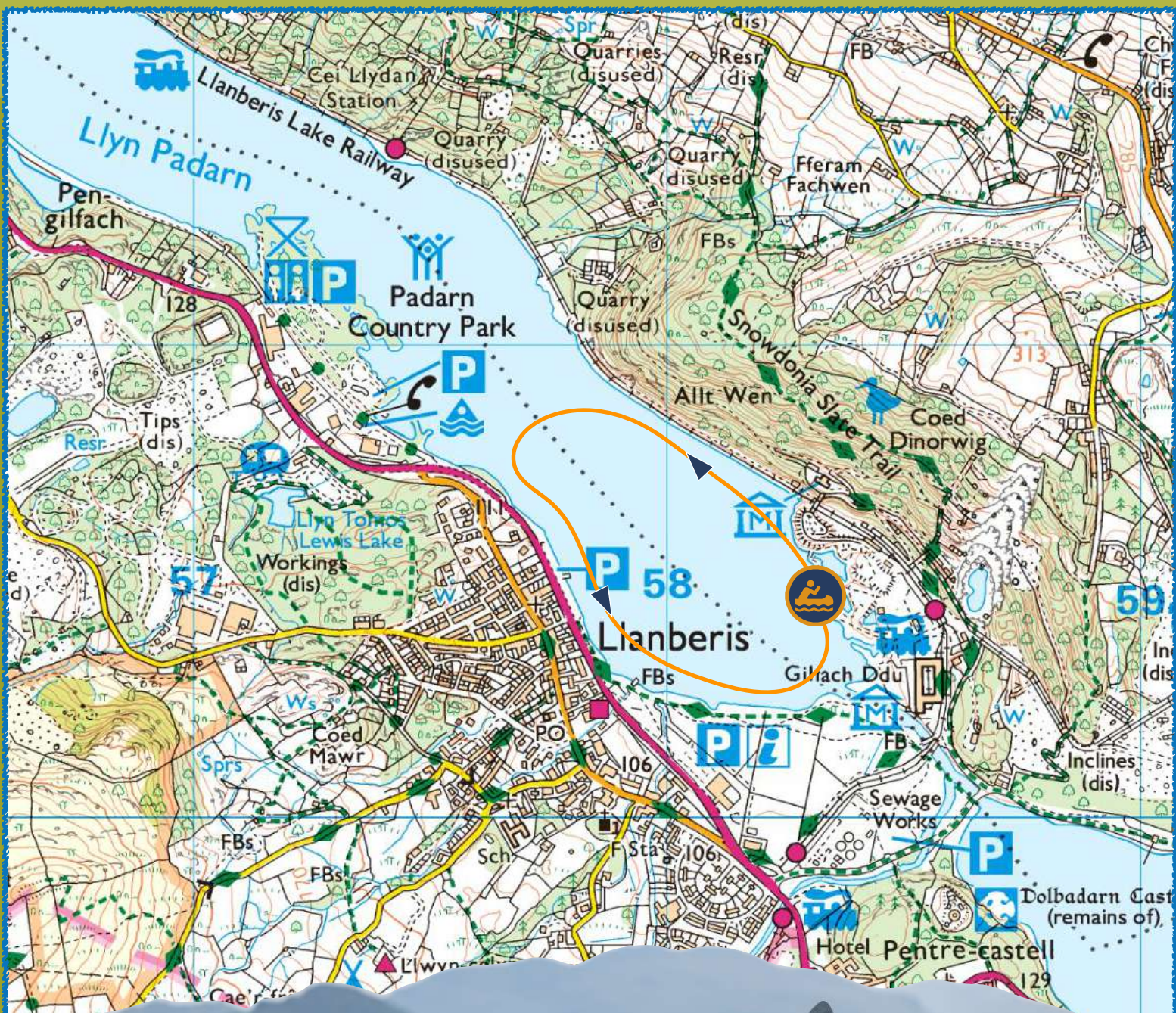
3km / 2miles



0m /0ft



45mins - 1hr



HIKE PHASE



15km / 9miles



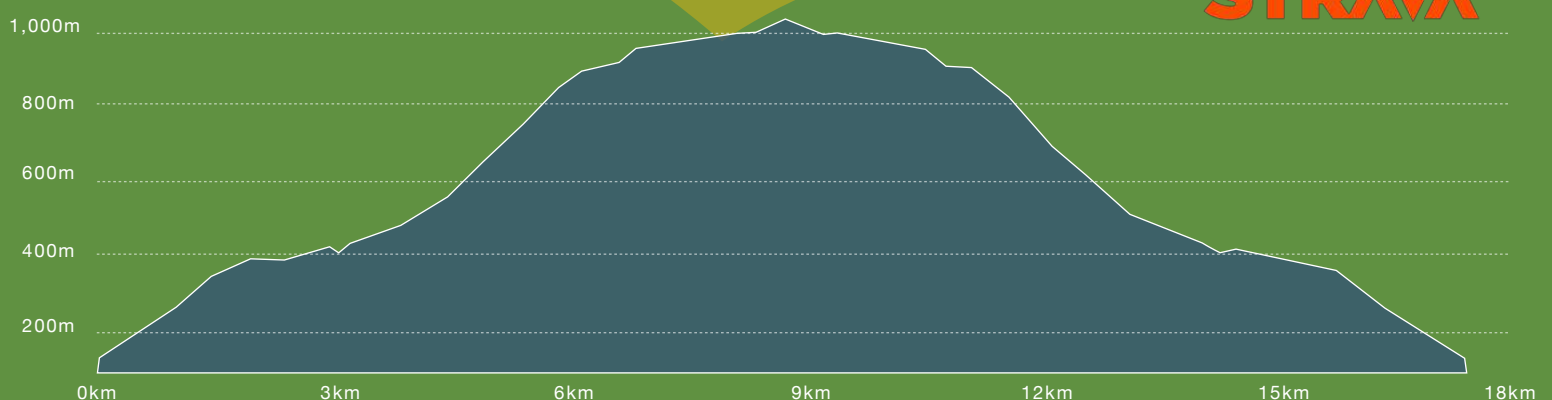
986m / 3,234ft



2.5 - 5.5hrs



Click for
STRAVA



NAVIGATION



DIRECTIONAL ARROWS

All three phases are fully route marked using the below signs and markers. The colour denotes the phase you are on. They will be positioned at all junctions as well as for reassurance on long straights. They are A4 in size.



HIKE PHASE FLAGS

Predominantly the hike phase is on large well established trails. Where the route isn't obvious small orange flags will show the way.



CANOE PHASE MARKERS

Once on the water a route will be laid out using orange buoys. Safety marshals on powerboats help guide teams.



EVENT MARSHALS

In addition to the route marking, event marshals will be situated on all three activity phases, they are first aid trained and will assist in an emergency. The Snowdon Challenge is not a closed road event and it is your responsibility to adhere to road signage and keep yourself safe.



GPX FILES

Any participants wishing to download the route to their devices can do so below:



CYCLE ROUTE

Click or Scan for
GPX file download



HIKE ROUTE

UPLOADING THE FILE TO YOUR DEVICE

Either scan the QR code with the camera on your phone or click on the QR code if viewing on your phone. This will take you to a page to download the GPX file, it will then appear on your phone in your files folder or in your downloads folder on your computer.

You can then upload the file to your device from your phone by sharing the file with the app you use for your chosen device.

CONVERTING THE GPX FILE

To convert the GPX file into other formats such as TCX visit the following website:
www.alltrails.com/en-gb/converter

VIEWING THE ROUTE

To view the routes in more detail click or scan the QR codes below:

Click or Scan for
Google Maps



Click or Scan for
STRAVA



CYCLE ROUTE



HIKE ROUTE



REGISTRATION



REGISTRATION

Participant registration takes place between 16:00 - 20:00 on Friday 11th September. There will also be registration on the morning of the event for anyone that cannot attend the Friday evening. Saturday registration takes place between 6am - 6.30am

REGISTRATION PACKS

Upon registering each team will be given an envelope with instructions containing:

- ⚠ Teams bike numbers with cable ties, to be attached to the front of each bike
- ⚠ Teams bib numbers with safety pins, to be attached to individuals mountain rucksack
- ⚠ Coloured wrist band denoting which phase order the team is completing

Hike	→	Cycle	→	Canoe
Canoe	→	Hike	→	Cycle
Cycle	→	Canoe	→	Hike

MOUNTAIN NUMBER

BIKE NUMBER

DEPARTURE TIME: 0700
CYCLE - HIKE - CANOE

001

TEAM NAME

SURNAME

THE ADVENTURE ELEMENT

YR WYDDFA CHALLENGE 2026

QR code

10:32

Done

RH

THE ADVENTURE ELEMENT

Cycle Emergency
Snowdon Challenge

message call video mail

work
07777 77777

work
07777 77777

work
info@theadventureelement.co.uk

work
<https://www.google.com/maps/d/u/0/edit?...>

work

QR CODE FOR EMERGENCY CONTACT DETAILS

On the front of both the cycle number and bib number is a QR code. During registration scan the QR code and save the vCard to your phone.

The vCard contains:

- ⚠ Phase Lead contact number for either Cycle or Mountain
- ⚠ Safety team lead contact number
- ⚠ Event Directors contact number
- ⚠ GoogleMaps weblink to show event map, AED locations and Marshal locations

TIMING & TRACKING



TIMING

The event will be timed using a 'dibbing' system. Each team will be given a 'dibber' at the start line which they will use to signal the start and end of each of the different activity phases. This will give each team a total time for the event as well as a time for each of the activity phases. The teams 'total time' includes all the activity phases plus the time for transitions.



Have you got
your tracker?



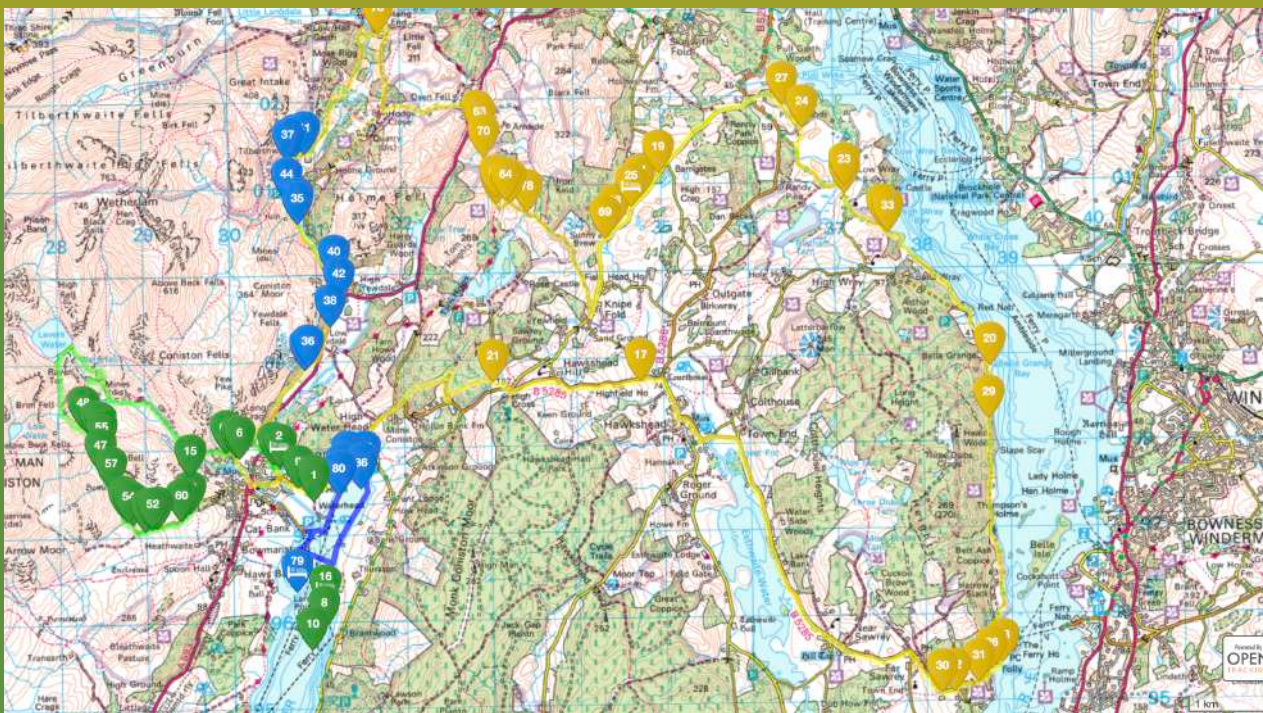
TRACKERS

Each team will be given a tracking device at the start line. This will enable the event management team to monitor the teams progress. It will also be used to locate a team should they run into any difficulty whilst on route.

Teams will be reminded at transition to take their trackers with them. Please ensure you hand your tracker in at the finish line or you will have to return the tracker at your own expense.

TRACKING LINK

The event will be live streamed both the event hub and online. Friends and family can track your team's progress through the tracking link: <https://live.opentracking.co.uk/yrwyddfchallenge26/>. It has been proven that embedding this link on your JustGiving page can increase donations.



EQUIPMENT

It's really important to ensure you are ready for the conditions Snowdonia can throw at you. This kit list provides you with the essential equipment and clothing you'll need in order to stay warm and safe throughout the event. The following kit list is not a comprehensive list of all you are required to wear but a list of the essential items or items to consider.

Each team has a designated area in the transition zone with a bike rack and space to leave kit. The area isn't covered so we advise you bring plastic boxes to keep your kit dry, it is also recommended to bring a bike lock. All items left in transition are at the owners risk, the event staff accept no responsibility.

BE PREPARED FOR ANY CONDITIONS!

NOTE: Items in the kits list with an * are optional items. Items denoted ** in grey boxes are essential and will be checked by an event marshal before starting an activity phase in adverse weather conditions. This is to ensure all participants have appropriate or adequate clothing/equipment for the prevailing conditions. Failure to show these items may mean you are not allowed to start the event or phase.

VIDEO TUTORIALS

Supplementary videos explain the mandatory kit and choices on appropriate clothing can be found on our event guide playlist on YouTube: [>>Event Guide Playlist<<](#)

CYCLING EQUIPMENT

Item Needed	Got it	Packed it
Bike** (see note below)		
Helmet**		
Spare inner tube and repair kit.*		
Bike Pump*		
Bike Computer and mount*		
Bike lights front & rear** (in case of inclement weather)		

CYCLE CLOTHING

Item Needed	Got it	Packed it
Cycling gloves*		
Cycling shorts*		
Cycling shoes* or trainers		
Waterproof and Breathable Jacket. (Gore-tex or Similar)**		
This could be the same as your trekking jacket.		

NOTE: We recommend using a mountain bike, gravel bike or a hybrid bike for this event. The route is a road route but the quality of the road surface lends itself better to this type of bike.

Bikes are available for hire using the following link: www.bikehireuk.com/product/yrwydffachallenge/

Any participants bringing their own bike must ensure it is in a road worthy condition with two working brakes. We recommend servicing your bike before the event.

On-site bike mechanics will be available at registration on Friday evening, upon request they will ensure your bike is safe for the event and is fitted correctly.

All participants must wear a secured cycling helmet, which is an appropriate size and free from defects. It must have a chin strap which must be done up at all times when participating in the cycle phase of the event.

Cycle mechanics will be on route to fix any mechanical issues or punctures, they can be contacted via the QR code on your cycle number. It is still recommended to bring your own puncture repair kit as it will speed up getting you back on the road as the mechanic might already be busy. Any parts they issue including inner tubes will incur a cost.

KIT LIST



TREKKING EQUIPMENT

Item Needed	Got it	Packed it
Rucksack 20+ litres. Must have 2 x padded shoulder straps. **		
Waterproof rucksack liner or heavy duty rubble bag.		
Head torch with batteries**		
Sunglasses		
Walking Poles		
Water bottle or bladder (Min. 2 litres). **		
Hiking boots/shoes with ankle support and good tread (you are not permitted not wear 'street trainers' or fashion boots for the mountain) **		

TREKKING CLOTHING

Item Needed	Got it	Packed it
Fleece jacket or soft shell**		
Gloves waterproof/windproof **		
Lightweight fleece top		
Sun hat		
Trekking Trousers (you will not be allowed to wear jeans)		
Trekking Socks		
Warm Hat**		
Waterproof and Breathable Jacket. (Gore-tex or Similar)**		
This could be the same as your Cycle jacket.		
Waterproof Trousers**		

CANOEING PHASE

Most participants will wear their cycling or trekking clothes, with waterproofs over the top along with your second set of footwear. If the weather forecast is bad then pack a change of clothes.

CANOE CLOTHING

Item Needed	Got it	Packed it
Footwear to get wet on canoes (Bare feet is not allowed)		

NOTE:

It is a 2km walk from the event hub to the ingress on the lake - your feet must be protected on the water due to sharp debris under the water.

All teams will be using tandem sit on top kayaks. You will get wet whilst completing the kayak phase of the event!



EVENT TIMINGS



EVENT TIMINGS

06:30 onwards	Teams begin to arrive.	Breakfast available. Teams allocated 30 minutes to arrive and depart.
08:00 onwards	Teams begin departing from event hub onto the three phases.	Departures at timed intervals.
09:15 onwards	First blue teams to arrive back at hub and transition to next phase.	Teams will continue to arrive back at event hub and transition to next phase. Hub staff to ensure that teams depart with correct kit for the weather.
13:30 onwards	First teams begin to finish event	Fastest teams will begin to finish.
15:00	Cut off for departure onto Cycle and Hike Phases	
17:30	Average time for a team to complete the three phases	
18:00	Cut off for departure onto Canoe Phase	
19:00	All phases closed	All teams will have returned to Event Hub.
18:30	Dinner to be available.	Available for all participants

CUT OFF TIMES

For the safety of our participants and our event staff we have to have cut off time for departures onto the three phases of the event. These have been carefully considered and give a generous margin. They are based on the following timings which have been calculated from timing data from over the past few years.

PHASE SPEED AND TIME DATA

	Slowest Teams		Average Teams		Fastest Teams	
	Avg Speed	Time	Avg Speed	Time	Avg Speed	Time
Cycle (15km)	6.8kph	2hr 20min	10kph	1hr 30min	15kph	1hr 00min
Hike (17km)	3.4kph	5hr 0min	3.9kph	3hr 50min	6.9kph	2hr 10min
Canoe (3km)	3.6kph	0hr 50min	4.0kph	0hr 45min	5.1kph	0hr 35min
Transition	-	1hr 0min	-	0hr 45min	-	0hr 30min
Total Time		9hr 10min		6hr 50min		4hr 15min

Do I need to train for the event?

The challenge is not to be underestimated and increasing your general level of fitness before the event through cycling, walking and aerobic exercises will help you with event preparation.

Will I need to carry my change of clothes for each challenge?

No, your changes of clothes should be left in the transition zone.

Is it essential to get all the items on the kit list?

Yes, all items on the kit list are important for safety reasons and must be carried. In the event of bad weather, some items will need to be produced for inspection by the Event staff, failure to produce these items may result in you not being allowed to start the activity phase.

Is food included?

All meals are supplied (as pre-booked) on Saturday and served in the marquee.

Meal tokens will be provided as per your booking.

Breakfast 0630 onwards: breakfast bag

Packed lunch: to be collected after breakfast before setting off on the challenge

Evening meal served from 1630: hot meal

All dietary requirements will be accommodated if specified on the registration form

When do I need to pay in my fundraising?

By completing the online registration, each team of 4 has committed to raise £2,000.

We understand that some sponsors will not pay until the challenge is complete but we ask that 80% of your fundraising has been raised by 13th July 2026. The remaining 20% within 4 weeks of completing the challenge.

Will there be toilets along the route?

No, but you can use local facilities as you pass them. There are toilets and changing facilities at the event hub which you will return to between each activity phase.

What first aid provisions will be on the event?

All Adventure Element staff are first aid qualified and will be carrying first aid kits. In addition to the marshals there is a separate safety team comprising of paramedics and first responders should there be a serious incident.

What happens if the weather is really bad?

It is rare that we have to completely cancel an event due to bad weather. It is important that you come prepared for any type of weather.

We have already planned an alternative mountain route we can use, and the canoe route can be adjusted to suit most conditions.

Can I camp?

No, unfortunately camping isn't available at the event hub in Snowdonia but there are local campsites near by.

Can my family and friends come?

Family and friends are welcome to come along and support you through the day.

Unfortunately, the Charity is not able to cater for non-participants. There are plenty of food outlets in Llanberis.

How will the results be announced?

We hope you will join us for the presentation in the marquee. This will take place following the evening meal, at approximately 7.15pm. Trophies are awarded to the fastest team on each section of the challenge, the overall Yr Wyddfa Champions, and the coveted 'Team of the Day!' As there is no bar on site, please bring your own drinks and glasses.

