



Wales Waterfall Walk 2019

Frequently asked questions

Q. Terrain

A. Meningitis Now's Wales Waterfall Walk is a 10 mile guided walk around the eight waterfalls in the Ystradfelltte area of the Brecon Beacons National Park. The Walk is over rough and broken ground, which includes steep sections, rocky sections, single track pathways and slip / trip hazards.

The Walk is not suitable for pushchairs or wheelchairs. It is the participant's own responsibility to ensure they are physically capable to complete the event.

Q. Group sizes and age limits

A. Supporters will be in teams of approximately 26, each with one qualified mountain leader. An event manager will be also available, who is also a qualified mountain leader.

The minimum age limit is 15 years; walkers aged 15-17 must be accompanied by a parent / guardian / adult over the age of 18 years.

Q. Equipment

A. Due to the terrain, you will need sturdy walking boots. It can be cold in the valleys and under tree cover, even in good weather, so warm layers and waterproofs are essential. Food and drink will not be provided, so please ensure you bring adequate water and a packed lunch, as well as any personal medication.

Q. Toilets

A. There will be toilets available before beginning of the walk. Please note there will be no toilets throughout the walk.

Q. What time shall I arrive?

A. The start time is 10am; we recommend arriving a minimum of 15 minutes before we set off.

Q. Is there first aid available?

A. Yes - each mountaineer and group leader is a qualified first aider.

Q. Can I take a mobile phone or camera on the walk?

A. Yes please, we encourage supporters to take photos and post on Twitter, Facebook and Instagram using #meningitisnow

Q. Do I need to raise money for Meningitis Now?

A. We ask you to pledge to raise £40 or more to help fund our free specialist care, and support our patients and families across Worcestershire. The Fundraising team can support you to raise as much sponsorship as possible. You can set up a JustGiving page and we also have a paper sponsorship form available for you to download and print.

Q. Can I take part and raise money for another charity?

A. No - this event is an organised and paid for by Meningitis Now.



Q. Can I participate if I am pregnant or have any health issues?

A. If you are pregnant or have health issues, we recommend you consult your doctor before taking part in the Wales Waterfall Walk. Although we try and make the event as safe as possible there is always the possibility of unforeseen incidents and risks.

Q. What's the refund policy?

A. This event is non-refundable.

Q. Cancellation

A. Meningitis Now reserve the right to cancel the event, if there are severe weather warnings in place. We will arrange for a revised date for the challenge to take place and all supporters will be advised accordingly.

Q. Accommodation

A. If you coming from afar for our Wales Waterfall Walk we recommend booking accommodation at Sgwd Gwladys café; the staff are great! There are en suite rooms and a bunkroom available so small and large groups can be catered for. Sgwd Gwladys café is located directly at the Walk's start point – visit <https://www.sgwdgwladys.co.uk> for more information and to book.