



Trek²⁶ Brecon Beacons

Itinerary

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Overview

This trek takes us on a journey through South Wales, scaling the heights of the stunning Brecon Beacons. Take in the sights of Pen y Fan, Cribyn and the Talybont Reservoir on this challenging, but achievable trek.

Both routes will really test your stamina, whether you choose the 26 mile or the 13 mile option. The terrain is challenging and there are steep climbs as you ascend the peaks, but you'll be rewarded with stunning views across the Neuadd Valley. After your trek you'll head back to the event hub for your well-deserved medal and glass of bubbly, tired but feeling exhilarated by your incredible achievement!

On the day

You'll meet all your fellow trekkers at the event hub in the morning where the first stop is registration. We know a challenge like this can be daunting, but you'll be trekking with people who have also experienced how tough dementia can be, just like you. We'll all be in it together. After registration there's just time for breakfast, a cuppa and your event day briefing. Then before you know it we'll all be joining in the big count down to the start!

Your day will start with a gently undulating walk in the National Park before the first climb begins, scaling the heights of Southern Britain's highest mountain, Pen y Fan at 886 metres. The 13 mile route will then cross the saddle to Cribyn before making the steep but exhilarating descent. For the 26 mile option you will continue until you reach the Talybont Reservoir. You'll skirt the eastern edge before heading north back towards the village of Brecon itself and back to the finish together.

Key Info

- **Level:** Very Tough
- **Terrain:** A mixture of terrain including roads, mountain tracks, possibly boggy fields (depending on recent weather) and some light scrambling down rocky slopes
- **Gradient:** This trek has some very steep climbs and steep descents as well as some more gentle landscapes towards the start and finish
- **Highlights and Landmarks:** Pen-Y-Fan, Cribyn, Neuadd Valley and the Talybont Reservoir
- **Route:** Both routes are circular starting and finishing at Brecon Showground

What's included?

As well as all the support from the team at the start and the celebrations at the finish, there will be plenty of opportunities out on the route at our checkpoints to rest, refuel and refresh before heading off to continue your challenge. You'll get your breakfast and lunch included, and there'll also be sweet treats and salty snacks at every checkpoint to keep your energy levels up and the opportunity to top up your water bottles too.

After your epic trek you'll be cheered over the finishing line and receive your well-earned medal and glass of bubbly! There'll be plenty of time to congratulate the friends you've made along the way and shout about your achievement with a selfie at the photo wall. As you cross the finish line, remember that you've brought us one step closer to a cure.

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