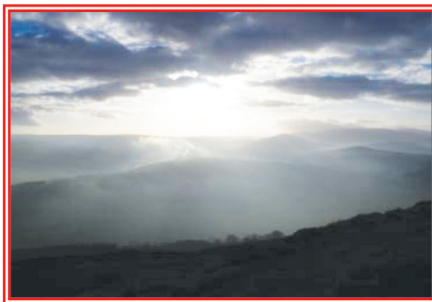


ROUTE DESCRIPTION

Leaving **Crickhowell** it's a climb up to **Whale Back Ridge** and the highest point of the walk, **Waun Fach** at over 2,600 feet, then it's down past **Castle Dinas** to cold refreshments at **Pengennford**. **Mynydd Troed** is then 1,000ft climb followed by **Mynydd Llangorse**, then it's downhill to more refreshments at **Pentre**. You've walked 20 miles and now you face the 1,800ft climb to **Pen Allt-Mawr**: enjoy the ridge followed by the aptly-named **Table Mountain**. Then finally it's downhill back to **Crickhowell** for a well-earned rest, shower, tea and cakes!



WE ENCOURAGE YOU TO RAISE FUNDS (INDIVIDUALLY OR AS A TEAM)
FOR YOUR PREFERRED CHARITY BY GETTING SPONSORED

CUT-OFF DATE FOR RECEIPT OF PRE-ENTRIES:

Saturday 25th March 2017

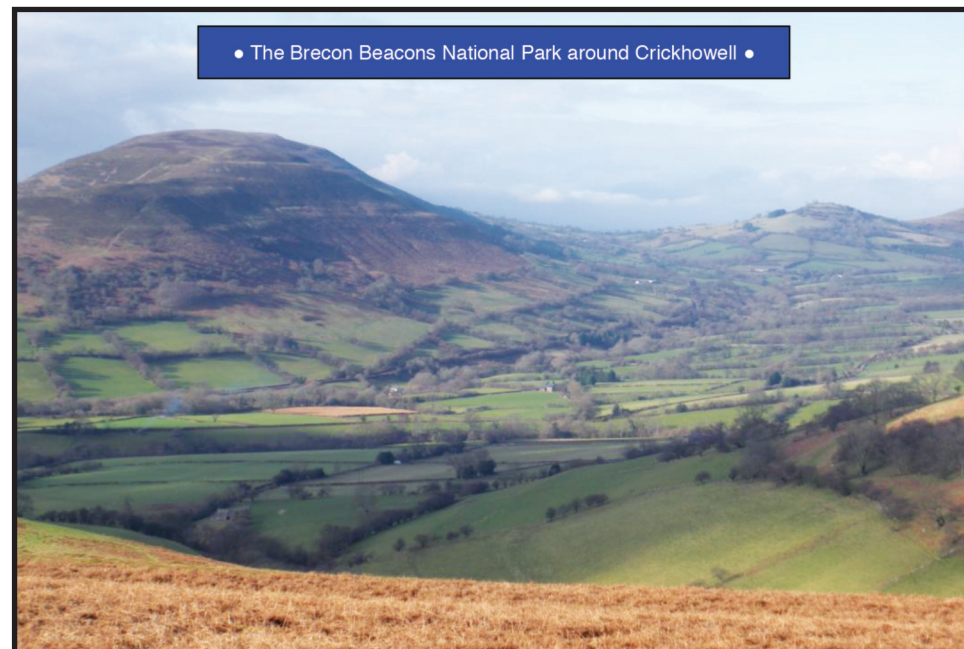
Entries are limited to 500

See overleaf for information on how to enter

Contact email for queries: jackieroberts30@hotmail.com



Saturday 8th April 2017



A 25-mile mountain challenge walk in the Brecon Beacons National Park, with over 6,000ft of total ascent, organised by the Brecon Mountain Rescue Team and Newport Outdoor Group.

First organised in 1982, this event has so far raised over £40,000 for the Brecon Mountain Rescue Team.

£15 entry in advance or £20 on the day

find us at: <http://www.challengewalks.org.uk>

Staying Over? The attractive market town of **Crickhowell** makes a great base for the walk, and ample accommodation is available in the area - our website carries some details or you can contact the **Crickhowell** Resources & Information Centre on: Tel: 01873 811970 (or see website at: www.visitcrickhowell.co.uk)

THE BLACK DRAGON CHALLENGE WALK - SATURDAY 8TH APRIL 2017

KEY INFORMATION, TERMS AND CONDITIONS

The start and finish point is **Crickhowell Youth Centre, New Road, Crickhowell NP8 1AW (GR 216185)**. **PARKING** is generally available at the youth centre for approx. 60-70 cars, with other parking facilities available in the vicinity. Please help us to maintain cordial relations with the local authority, traders and townspeople by respecting local parking regulations.

- Doors open 7.00am for registration. Entrants cannot start the walk before 8am, or after 9am.**
- MOUNTAIN KIT - YOU MUST CARRY THIS FOR YOUR OWN SAFETY. A KIT CHECK WILL BE CARRIED OUT BEFORE YOU ARE ALLOWED TO REGISTER**
Each entrant (including every member of a team or a family group) must carry the following.
 - Map** - OS map 1:25,000 Explorer OL13 or 1:50,000 Landranger 161
 - Clothing** - full waterproofs (jacket & trousers), hat, gloves, boots or fell shoes
 - Equipment** - Compass, torch, whistle, simple first-aid kit
- We recommend that you also carry **food and drink**
- All entrants will be given a check card at the start of the walk. This must be handed in at each check point by **THE INDIVIDUAL CARD HOLDER only** for marking by the Checker. No person may carry more than their own card.
- Entrants **MUST BE 18 YEARS OF AGE+** on the date of the walk and sign the entry form as declaration
- All retirees must retire **AT A CHECKPOINT** and surrender their card to a Brecon Mountain Rescue Team member. An emergency telephone number is printed on the checkcard.
- All starters **MUST CHECK IN AT THE FINISH BEFORE LEAVING FOR HOME**. Failure to do so will cause the organisers undue work and worry in trying to verify your location and safety.
- Entrants who have not reached checkpoint 7 at Pentre by 16.00 WILL BE ASKED TO RETIRE**
- In the event of **adverse weather conditions**, the Brecon Mountain Rescue Team at their sole discretion will decide on safety grounds whether the event can take place, and the organisers accept no liability in respect of any parties' losses or expenses in the event the walk is subsequently amended or cancelled. Where possible, we will endeavour to publish any available updates prior to the walk on the official website - <http://www.challengewalks.org.uk>

PLEASE NOTE: NO DOGS ALLOWED - it's the lambing season

Checkpoint	Grid. Ref	ETA	Checkpoint	Grid. Ref	ETA
1. Crickhowell	216 185	08:00	6. Mynydd Llangorse	157 261	14:15
2. Crug Mawr	262 226	09:30	7. Pentre (road jctn.) (R)	183 262	15:00
3. Waun Fach	215 299	11:30	8. Pen Allt-Mawr	206 243	16:30
4. Dragons Back Inn (R)	174 296	12:30	9. Table Mountain	225 206	17:30
5. Mynydd Troed	165 292	13:15	10. Crickhowell	216 185	18:00

R = Refreshment point (biscuits, cakes and squash and spare water)

THE BLACK DRAGON CHALLENGE WALK - SATURDAY 8TH APRIL 2017

HOW TO ENTER

Read the terms and conditions, then complete the application form below.

One entrant per form (even if you are entering as part of group)

Write out your cheque made payable to **Newport Outdoor Group**

ENTERING AS AN INDIVIDUAL. Entry fee per person is £15 in advance or £20 on the day

ENTERING AS A GROUP (In Advance Only):

3 people **£40**; 4 people **£55**; 5 People **£65**; each additional entrant **£12** each

MANDATORY INFORMATION - YOU MUST SUPPLY ALL DETAILS HERE:

NAME: _____

ADDRESS: _____

POST CODE: _____

e-mail address:

Contact tel. number:

I confirm I will be over 18 years on the date of the walk. I confirm I will observe the event instructions and follow the Countryside Code. I believe myself to be medically fit enough to undertake this strenuous activity.

SIGNATURE _____

OPTIONAL - you don't have to supply this information, but it would assist the organisers if you did:

Emergency contact name & tel no. _____

Any known medical conditions _____

Names of others in party (if any) _____

Please complete and SIGN the above, then tear off this half of the form and send to:
Newport Outdoor Group, 22 Garrick Drive, Thornhill, Cardiff. CF14 9BG

+++ Enclose a small SAE for entry confirmation +++

CHEQUE(S) ENCLOSED FOR.....ENTRANT(S). TOTAL VALUE OR CHEQUE(S) £.....