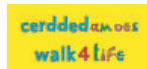


23 MILES

14 MILES

5 MILES  
FREE ENTRY



## Caerphilly Challenge Series

# TWMBARLWM TREK

## 12th May 2012

For more information check out [www.visitcaerphilly.com](http://www.visitcaerphilly.com)  
or fill in our pre-registration form

Twmbarlwm  
Trek

Name: .....

Address: .....

Tel. No: ..... Email: .....

Return to Countryside Services, Council Offices,  
Pontllanfraith. NP12 2YW.

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Man gwyrdach i fyw, gweithio ac ymweld



# Twmbarlwm Trek 2012

Caerphilly Challenge Series  
**3 walks, 3 Years, 3 parts of Caerphilly County Borough**

**Saturday the 12th of May 2012**

Rising from the ashes, as our first challenge in the new 'Caerphilly Challenge Series', the famous 'Twmbarlwm Trek' is back!

Caerphilly County Borough Council's Countryside and Landscape Service, in conjunction with Cwmcarn High School and other partners, are once again throwing down a challenge to walkers of all abilities.

No matter how fit you are, there will be a Challenge Walk to suit you from a canal-side 1 miler to the monster Twmbarlwm 23 miler.

Part one of the Challenge Series kicks off on Saturday the 12th of May with the return of the classic Twmbarlwm Trek.

For the most experienced walker, the self led 14 and 23 mile routes will take you through spectacular valleys' woodland, farmland, and across open moorland. Weather permitting, you will be treated to some fantastic views across the county borough towards the Brecon Beacons, over Cardiff Bay, the Bristol Channel, Somerset and North Devon, before trekking up and over the spectacular iron age hillfort of Twmbarlwm and 3 of the highest points in the county, (Twmbarlwm, Mynydd Machen and Mynydd Islwyn).

There is an entry fee of £6 for both these walks (see entry form for details)

**Book before the 9<sup>th</sup> of March to for an early bird fee of £4.**

If you don't fancy so many hills, then the Monmouthshire- Brecon canal offers a range of shorter flatter led walks from 1mile to 4.5 miles.

There is no charge for the canal walk. No pre entry is required, just turn up at 10.15am on the 12<sup>th</sup> of May, fill in a registration form and health questionnaire and be ready to walk by 11.00am.

Cwmcarn High School marks the start and finish of all the walks. Refreshments and food will be available to purchase (courtesy of the Cwmcarn HS canteen)

Enclosed is the application form, together with a copy of the event rules, which give further information about the organisation of the walk.

As in previous years we expect demand to be very high so early entry is *strongly* recommended.

*You need to be brave to tackle one Challenge... but are you strong enough to complete all 3?*

**Please Note:**

**No entries will be accepted on the day for the 14 or 23 mile routes.**

If you need any further information or advice, please call Brian Begg on 07788547350 or Andy Powell on 01495 235092

Countryside and Landscape Section  
Council Offices,  
Pontllanfraith  
Blackwood  
NP12 2DG



Bwrdd Iechyd  
Aneurin Bevan  
Health Board



sportwales  
chwaraeon cymru



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# Caerphilly Challenge Series

## Twmbarlwm Trek 2012

1. 23 and 14 Mile Routes – Minimum entry age is 15 years. All entrants under the age of 18 must be accompanied by a responsible, named adult and their entry form must be accompanied by the written consent of their parent or guardian.
2. **No entries will be permitted on the day.**
3. This is a challenge event, which means you are 'challenging your self'. It is not a race.
4. Those taking part in the walk do so at their own risk. The Council can take no responsibility for any illness, injury loss or damage suffered by walkers.
5. If you have suffered health problems in the past, we should advise you to seek medical advice before taking part in the walk.
6. You should walk the route that is suitable for your own personal level of fitness.
7. **Basic information** will be provided for you to follow the route in the form of a Route Card. This will be sent to you in week ending 27<sup>TH</sup> of April 2012 together with your entry number, start time and check in cards. The route card will give **grid references** for key points or features, the type of terrain to be covered and an estimate of the time you should allow, based on the Naismith Formula. Sections of the route will be way marked **but entrants should be competent in map reading and route finding (The relevant OS MAP is essential)**
8. The weather in this area is changeable and the hilltops are very exposed so you will need to ensure that you have waterproofs and adequate footwear for the conditions. It is advisable to carry a spare sweater, food, drink, first aid kits compass; torch (with spare bulb and batteries) and **OS map 152 and 166. We strongly recommend you adhere to the above.** A map case/plastic bag and a mobile phone or 10p's for public phone boxes would be useful if you need to advise us that you have retired early from the event.
9. You are welcome to bring dogs on the walk but **you must follow the countryside code, your dog must be kept on a lead at all times and you must ensure you carry water for your dog and clean up after it.**
10. All entrants should assemble at Cwmcarn High School for registration for the Twmbarlwm Trek at the following times:
11. 23 mile will start from 07.00am all walkers to leave by 7:30 am
12. 14 mile will start from 08.15am all walkers to leave by 8:45 am.
13. The council reserves the right to refuse entry to entrants who do not register at the correct time.
14. The Council will not accept responsibility for anyone taking part in the Twmbarlwm Trek event who is not an official entrant. An official entrant is someone whose application form has been accepted by the Council and who has been given a registration number and completed the registration procedures.

15. No entries will be allowed on the day.
16. The Council reserves the right to change the route or cancel the event if in its judgement the weather conditions or other circumstances make this advisable. In such cases the Council and the marshals will accept no liability for personal injury or death, or loss or damage to vehicles or personal effects however these may be caused.
17. Details of bed and breakfast accommodation in the area can be obtained from the Caerphilly Tourist Information Centre (029 2088 0011) or [www.visitcaerphilly.com](http://www.visitcaerphilly.com). Overnight camping is available at Cwmcarn Forest Drive Campsite (01495 272001) or Parc Cwm Darran Campsite (01443 875557).



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# CAERPHILLY CHALLENGE SERIES TWMBARLWM TREK 2012

Saturday 12<sup>th</sup> of May 2012 - 23 or 14 miles

Please note:  
Part A – Individual entry  
Part B – Team Entry  
(Please complete appropriate section in block capitals)

## **PART A – INDIVIDUAL ENTRY**

Name: .....

Entry No.  
Office use only

Address: .....

Post code: ..... Tel No (Day): .....(Eve): .....

Emergency Telephone No.: .....

Email Address: .....

**Please circle the walk you intend to do**    23 Miles    or    14 Miles

I confirm that I have read the Twmbarlwm Trek 2012 Rules and Regulations and enclose a cheque/postal order to the value of £6.00 (inc VAT) or £4 (inc VAT) if an early bird (before 9<sup>th</sup> of March) payable to Caerphilly County Borough Council.

Signed: .....    Date: .....

Receipt No:

Age: ..... Minimum entry age is 15 years. **ALL ENTRANTS** under the age of 18 must be accompanied by a responsible, named adult and their entry form must be accompanied by the written consent of their parent or guardian.

**Have you taken part in past CCBC walking events?    Yes / No**

**Closing date for early bird entries is Friday the 9<sup>th</sup> of March 2012**

**Closing date for all entries is Friday the 21<sup>st</sup> of April 2012**

Please return completed form together with your cheque/postal order by the closing dates above to:

Louise Rogers,  
Council offices,  
Pontllanfraith,  
Blackwood  
NP12 2YW

## Part B – Team Entry

**Please circle the walk you intend to do**    23 Miles   or   14 Miles

Contact Name: .....

Entry No  
Office use only

Address: .....

.....Post Code: .....

Tel (Day): .....(Eve).....(Emergency).....

Email Address: .....

Name of Team: .....

Name of Team Members (including Contact)

<u>No</u>	Name	Age	Entry no Office use only

Age: Minimum entry age is 15 years. **ALL ENTRANTS** under the age of 18 must be accompanied by a responsible, named adult and their entry form must be accompanied by the written consent of their parent or guardian.

On Behalf of the above team:

I confirm that we have read the Twmbarlwm Trek Rules and Regulations and enclose a cheque/postal order to the value of £6.00 (per team member inc. of VAT) or early bird £4 (per team member inc VAT) payable to Caerphilly County Borough Council.

Signed: ..... Date: .....

Have you or any of your team taken part in past CCBC walking events? Yes / No

Closing date for early bird entries is Friday the 9<sup>th</sup> of March 2012

Closing date for all entries is Friday the 21<sup>st</sup> of April 2012

Please return completed form together with your cheque/postal order by the closing dates above to:

Louise Rogers,  
Council offices,  
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NP12 2YW

Please state how you found out about the Twmbarlwm Trek.



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WALES

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cerdded am oes  
walk 4 life

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