

Event Guide

GETTING THERE

Meet at CAFT, Reddy Lane, Millington, WA14 3RE on Thursday 22nd April to leave for 08.30am. Please give yourself enough time (arrive at least 30 minutes before). We will provide further details on where to park when you get there.

ACCOMMODATION

We will be staying in Rhoscolyn, on Holy Island - in a very pleasant bunk house (https://www.outdooralternative.co.uk/accommodation/morwenol/).
It will be spacious and very comfortable. Linen and towels are provided, as well as toiletries (soap, shampoo etc).

FOOD

We will also provide groceries for breakfasts as well as food to enable you to make a pack lunch for days 2-4, should you not with to purchase them at cafe's on route. There will be water and snacks available throughout. You will be able to leave your lunch in the support vehicle where possible. We will cook dinners at the accommodation. on all 3 evenings.

WALK - What to expect?

An impressive 95% of the full 200km / 125 miles of the Anglesey Coastal path passes through a designated National Landscape (formerly Area of Outstanding Natural Beauty), offering a striking mix of dramatic sea cliffs, rolling sand dunes, secret coves, and sweeping views of the Irish Sea and the distant peaks of Snowdonia. We will walk 89km / 55 miles over 4 days of what we think are the best bit, clockwise from Abberffraw to Amlwchs!

https://sites.google.com/site/friendsofangleseycoastalpath/path-maps

Itinerary

THURSDAY - 12.5 Miles

08.00 - Arriving at CAFT
08.30 - Leaving CAFT
11.00 - Arrive in Aberffraw
11.15 - Walk Starts
13.00 - Lunch stop in Rhosneigr
17.30 - Arrive at accommodation
19.00 - Dinner
Transfer AM 2hrs 30min

FRIDAY- 12.5 Miles

08.00- Breakfast
09.00 - Start Walk
13.00 - Lunch near Penrhosfeilw
17.00 - Finish in Holyhead
Transfer
16.00 - Arrive at accommodation
18.00 - Dinner (tbc)
Transfer PM 20min

SATURDAY - 15 Miles

07.00 - Breakfast
08.00 - Transfer
08.30 - Walk Starts s
12.00 - Lunch Porth Swtan
16.30 - Finish Walk
Transfer
17.00 - Arrive at accommodation
18.00 - Dinner
Transfer AM 15min + PM 30min

SUNDAY- 12 Miles

07.30 - Breakfast
08.15 - Transfer
09.15 - Walk starts
13.00 - Lunch - Porth Llanlleiana (pack)
16.00 - Finish Walk
16.45 - Fish & Chips tea (Manai Bridge)
17.15 - Transfer home
19.30 - Arrive back
Transfer AM 30 min + PM 2hrs 30min

The Itinerary is complex and subject to change. Use of minibuses offers us a great flexibility which can be utilised in case of bad weather and any other factors or unforeseen circumstances.

Where possible, support vehicle will meet us, giving option of replenish the supplies including lunch stops.

Options for evening meals will be provided nearer to the time.

Anglesey Coastal Day 1

Walking Route

★ Saved | Edit

Hard

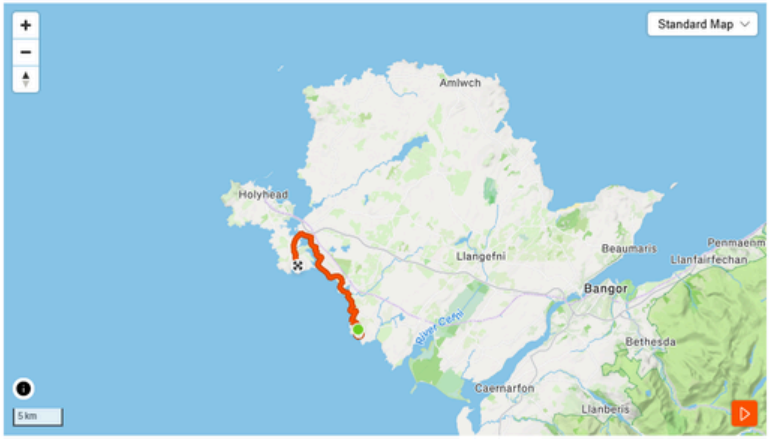
20.16 km | 193 m

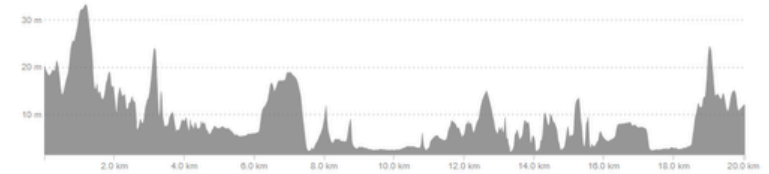
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Jure Modic
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Route and Elevation





Anglesey Coastal Day 2

Walking Route

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Hard

24.42 km | 526 m

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Route and Elevation





Anglesey Coastal Day 3

Walking Route

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Hard

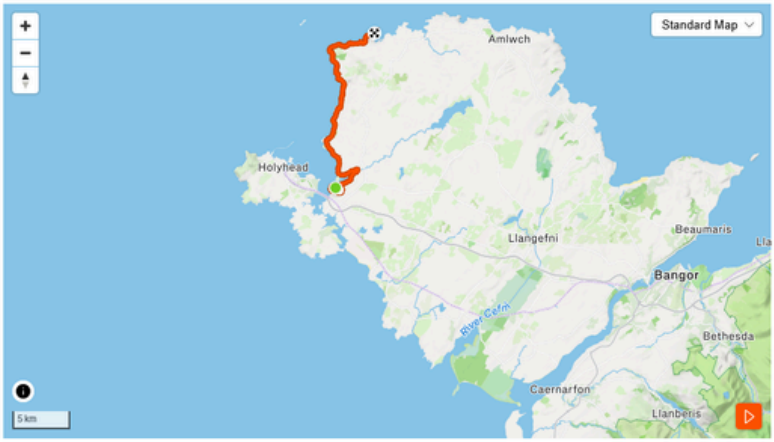
24.82 km | 422 m

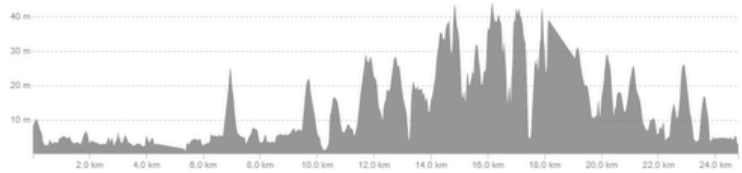
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Route and Elevation





Anglesey Coastal Day 4

Walking Route

★ Saved | Edit

Hard

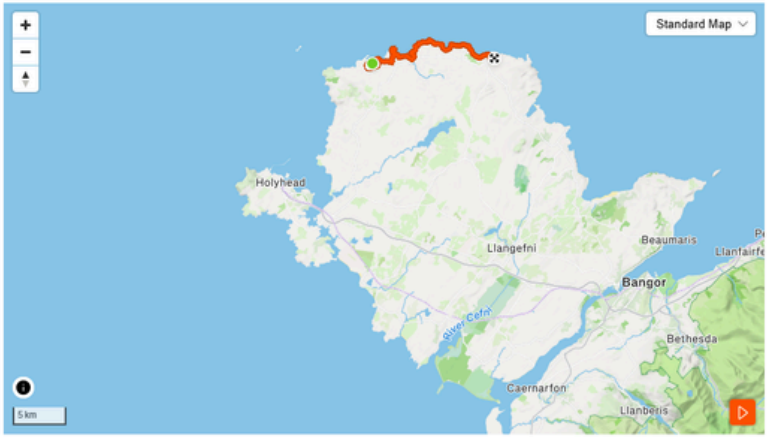
19.97 km | 516 m

4:26:03

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Route and Elevation





Weather

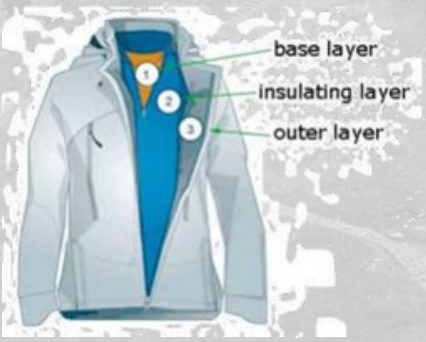
It is impossible to predict in advance what the weather will be like on any particular day; the information provided will give you an idea of how best to prepare yourself for your walk. The actual clothing for the trek will be recommended nearer to the time, once we know the weather forecast. The kit list provided will coverers eventualities.

The day to day weather, particular on the higher or exposed parts, can vary dramatically.

Clothing

When walking, it's always best to adopt a layering system to ensure that you can adapt quickly to the weather and changes to the body temperature. Base Layer—draws moisture away from skin—avoid cotton as it holds moisture and takes a long time to dry. Synthetic fibres work best.





Walking Boots

This is the most important piece of kit for this endurance walk!! They need to be comfortable with reasonable ankle support . You will also benefit highly from good quality socks!



Other - Walking Poles can be very useful, but remember to use them in your training to get used to them; Daysack/Rucksack to carry your extra layers / drink / snacks; Mobile Phone - there is a good signal in the area—ensure it is charged in case it's needed in emergency.



Kit List

This is a recommended list of items to bring with you. Please do take into account your personal preferences and common sense. Nearer to the time once we know what the weather is likely to be, some things of the list can be left off.

Category	Checklist	✓
Baggage	Daypack / Rucksack - 15-25 litres with waiste strap and good support	
	Suitcase / Holdbag	
Clothing	Waterproofs (Tops and Bottoms)	
	Warm Jumper / Fleece	
	Hat / Gloves	
	Neck Warmer / Buff	
	Long Sleeved thermal top	
	T-shirt (not cotton)	
	Lightweight trousers / shorts	
	Trekking boots (worn in with good ankle support)	
	Trekking socks	
	Gaiters	
	Casual wear (for 5 days)	
	Night wear (for 5 nights)	
	Sun hat / cap	
	Trainers / Flip Flops etc.	
Equipment	Water Bottle (2 litres minimum or 2x 1 litre) or rehydration system	
	Thermos Flask (optional)	
	Trekking poles (optional)	
	Mobile Phone / Charger / Power Bank	
	Head Torch	
Health & Hygiene	Toiletries	
	Personal First Aid Kit	
	Medication (any personal, ibruprofen, paracetamol, antihistamines)	
	Sun protection	
	Anti-chafing / Sudacrem	
	Wet wipes, tissues, sanitary products, anti-bacterial gel	
Other	Ear plugs	
	Eye Mask	
	Any particular snacks / energy barrs / gels	
	Bank Card / Money	

Rules

The path is very clearly marked. Due to the nature of this walk and potentially mixed speed levels, we will let the group naturally split if needed.
NO ONE SHOULD BE LEFT ON THEIR OWN!
There is a thorough contingency in place for anyone unable to continue due to energy levels or injury.
Respect other people (consider local community and of course others in the group), Protect the natural environment (no littering), Enjoy the outdoors (follow advice and local signs).

Fundraising

Your participation on this challenge will make a big difference to children who due to no fault of their own face challenges in their lives.

CAFT provides holidays, day visits and special events for terminally ill, disabled, and disadvantaged children and their families.
While your payment (£150 + £125) includes a small donation to CAFT, we would be incredibly grateful if you do your utmost in raising as much additional funds as possible, with minimal target set at £300.

Your fundraising page will be set at registration. You can edit it to make it more personal, then share it with your friends, family, colleagues... You can set a page on a different platform too, if prefered.

Thank you.

Jure & Team CAFT

THE CHILDREN'S ADVENTURE FARM TRUST

All proceeds will go to The Children's Adventure Farm Trust
Registered Charity Number: 1003675