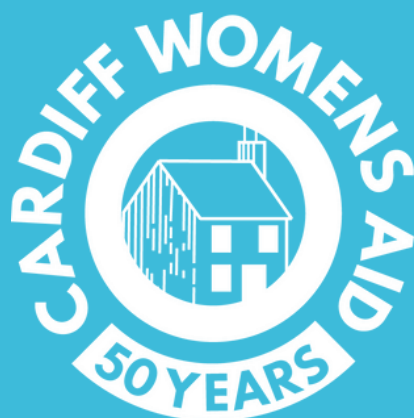


WOMEN ON TOP OF WALES

9TH MARCH 2024

PEN-Y-FAN

INFORMATION PACK



WOMEN ON TOP OF WALES

As an Organisation, Cardiff Women's Aid are walking up Pen-Y-Fan to celebrate International Women's Day and to launch our 50th anniversary.



As a way to commemorate our 50th anniversary, we are supporting survivors and our shared communities to make a quilt that represents their varied experiences of survivorship, recovery and support. The first part of the quilt that will be made at our Craft Cafe will be taken up Pen-Y-Fan with us to start its journey.





**FOR THE WOMEN OF
CARDIFF SINCE 1974.**



YESTERDAY. TODAY. TOMORROW?

YESTERDAY.

In 1974 a committed group of women got together to campaign for, and open, the first refuge in Wales - this became Cardiff Women's Aid. Since then, thousands of women and children have come through our doors from every community across the city, and beyond, to find a place of sanctuary and empowerment, to recover and thrive, free from abuse. Last year we supported 3,845 women and 342 children find freedom from abuse. We continue to provide this support 24 hours a day 365 days a year.

TODAY.

However, we have never had enough funding to meet the demand. Last year 317 women were referred to us for refuge support, but we could only support 202. We did not have the space or capacity to provide nearly 40% of those needing refuge with support when they needed it most.

TOMORROW?

Beyond our 50th year, we do not know if we will have the funding to meet current demands, let alone the increase in need we are seeing from women and children across the city. We hope you will join us in our mission to create a world free from gender-based violence.

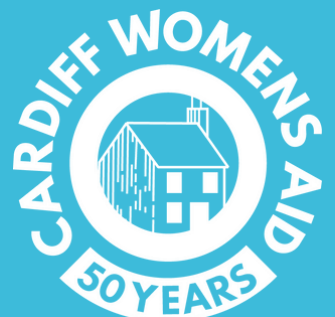
ABOUT WOMEN ON TOP OF WALES

WHEN & WHERE?

Saturday 9th March 2024. Meeting at the Pont Ar Daf car park for 8:30 to begin the walk at 9am prompt. To park at the Pont Ar Daf car park costs £7.50 and is payable via card through the staff on site or through the pay & display machine. The car park does have toilets and accessible parking spaces. The closest postcode for the carpark is LD3 8NL.

WHAT ROUTE WILL WE BE WALKING?

We will walk right of the Storey Arms route via the Pont Ar Daf carpark. This route is known as the more gentle path (or the Granny path by locals) to get to the top. The route is roughly 4 miles long. Even though the path is gentle we will be walking on an incline to reach the top. Please be aware there will be some rough terrain, uneven surfaces and steep inclines. We advise to research the path beforehand if you're unfamiliar and to wear suitable shoes.



DO I NEED TO BE FIT?

Whilst the Storey Arms route is the most gentle of the routes we still recommend you have a level of fitness and be used to being on your feet/walking for 3-4 hours. We are walking up a mountain so be prepared for uneven terrain and some steep inclines. We would recommend doing some level of fitness before to be prepared. Please ensure you are medically fit and able to participate in this walk, if you are unsure please seek medical advice.

WHAT SHOULD I WEAR?

We would advise wearing clothing you feel comfortable exercising in that is sensible to wear on a mountain and to bring items you can layer (long sleeve tops, jacket, fleece) with you. Be prepared for cold weather so please ensure to wear warm clothing like thermals and hats. Please wear suitable footwear such as walking shoes/boots or well fitting trainers with a good sole. Please check the weather forecast prior to leaving to have an idea of what weather to expect whilst on the mountain so you know how to dress appropriately for the walk.



WHAT WILL THE WEATHER BE LIKE?

We would advise checking the weather report the day before and the morning of so you can be prepared and dress accordingly. Bare in mind we will be walking at the end of winter and snow has been known to fall in March on Pen Y Fan. Mountains can attract changeable weather and Pen Y Fan is known for being windy! Be prepared for cold temperatures, possible low visibility due to cloud, rapid weather change and for the conditions to be different at the top than the bottom.

WHAT DO I NEED TO BRING?

Please bring with you your own water and snacks, it's important to stay hydrated throughout the walk and to have fuel to keep you going. A mini first aid kit including plasters and pain killers. We would advise to apply SPF before the walk however please bring some just in case. If you take medication or have emergency medication please ensure that you have this with you and declare it on our disclaimer form below. A suitable bag/rucksack to carry the above and any additional items you would like to bring.



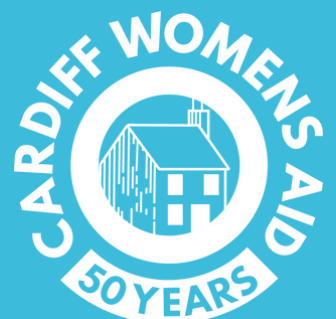
IS THIS A FUNDRAISING EVENT?

We're not asking anyone who walks with us to fundraise however if it is something you would like to do and raise money for us, we would be very grateful. You can email fundraising@cardiffwomensaid.org.uk for any advice.

WHAT CAN I EXPECT?

This is a walk extended to everyone who wants to celebrate International Women's Day and to be a part of our 50th anniversary.

As part of Cardiff Women's Aid policy we kindly ask that when taking photos you only take photos of yourself or in your personal groups, not of our staff or volunteers. We will be taking our own photos also including group photos, which will be shared with yourselves after and on our social media. If you're not comfortable with having your photo taken please let us know on the day. During the walk we kindly ask that you stay within the group and do not stray off the designated walking path. Should you stray from the group we will attempt contact with yourself via the contact number you provide 3 times, if we have no response from yourself we will call emergency services for a well fare check.



ANYTHING ELSE?

Anyone can join us on our walk, including children. If you would like to bring your child under the age of 18, please know Cardiff Women's Aid takes no responsibility, you are solely responsible for the care, safety and whereabouts of your child.

If possible we ask that you car share, not only will it help reduce the number of cars in Bannau Brycheiniog but will also leave a positive environmental footprint during and after the event.

Dogs are allowed on Pen-Y-Fan so you are welcome to bring your dog, we kindly ask you follow the National Trust guidance on dogs on the mountain as livestock have been known to graze on the mountain. We ask that they be kept under your close control at all times.

We ask to be considerate and respectful to the environment around you, please stick to designated paths, be prepared to divert for livestock and to collect any rubbish that you may have on and/or off the mountain.

For any questions, queries or anything else please feel free to contact us at fundraising@cardiffwomensaid.org.uk



WALK CHECKLIST

We've compiled a checklist of items mentioned above for you to help remember! We've left some space for anything else you want to bring with you.

- Base layer
- Rain jacket
- Warm layers
- Walking boots/shoes
- Warm hat/sun hat
- Water & snacks
- Plasters/blister plasters/pain killers
- SPF
- Medication
- Rucksack/bag
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Women on top of Wales DISCLAIMER

Name of Participant:

Date of birth (if under 18):

RISK

Walking as part of Women on top of Wales carries potential risks that we cannot entirely eliminate. These include, but are not limited to, the following:

- various slipping or falling related injuries;
- injuries associated with collision with other pedestrians or vehicles;
- weather related injuries, including sunburn and hyperthermia.

Participants are responsible for their own actions and their involvement in the activity

RULES

Participants must comply with the following rules:

- You must follow any safety warnings and/or instructions displayed or given to you by a staff member of Cardiff Women's Aid. Ask a member of staff if you are unclear.
- Personal property belonging to you is at all times your sole responsibility.
- You must not participate if you under the influence of alcohol or non-prescription drugs.
- You must at all times keep with your group and follow any instructions. You must never stray away from the group.
- You must wear appropriate clothing in accordance with our guidance given in the information pack titled "What should I wear?"

We may ask a Participant to leave or not allow them to have any involvement if they fail to comply with any of the above rules.

- You are responsible for your child/children under the age of 18 and their care, safety and whereabouts.

HEALTH & FITNESS TO PARTICIPATE

We are not qualified to express an opinion that you are fit to safely participate. You must take sole responsibility for your own medical conditions (if any) and you must obtain professional or specialist advice from your doctor before participating. You must report any injury sustained during the activity to a member of staff. Participants also acknowledge that any personal injury sustained may require first aid treatment in an emergency and all Participants consent to this receiving first aid treatment.

DISCLAIMER

Cardiff Women’s Aid, its employees or volunteers will not be liable for any death or personal injury, or loss of or damage to property arising out of or in connection with the Participant’s participation in joining Women on top of Wales in the unless that death, personal injury or loss of, or damage to property arises from negligence of Cardiff Women’s Aid, its employees, volunteers, sub-contractors or agents.

IMPORTANT: signing this disclaimer is a condition of your participation in joining Cardiff Women’s Aid in Women on top of Wales walk up Pen-Y-Fan. You must read and understand this Disclaimer before signing. If there is any term that you do not understand, then please discuss it with us before signing.

If the Participant is under 18, this Disclaimer must be signed by a parent or legal guardian. By signing this Disclaimer below you are confirming that you are aware of and accept the risks associated with this activity.

Signed:

Name:

Participant Parent/Guardian

Date



Data Protection: the personal data you provide in this form will be processed and retained in accordance with Cardiff Women’s Aid privacy policy.