



RaksTrust
FanDance2026
21st August – 23rd August

Thank you for participating in this year's event to raise money for RaksTrust. This year's event is an attempt to complete a RaksTrust version of the SAS Fan Dance challenge! For all the relevant information, please read through this factsheet carefully and if you have any questions, please get in touch via email at info@rakstrust.org

Introduction

The walk itself will take place on Saturday 22nd August starting at 8:00am at the latest and will be a 10-12 hour walk, with the start point a 25-minute drive from the accommodation. You do not need any experience for this walk as we will have plenty of experienced people on hand to help including a small support team. The route will be worked out beforehand, so all you have to worry about is getting fit in preparation!

Accommodation, Meals and Cost

Accommodation has been arranged at Craig Y Nos Castle, which will cost £135 per adult or £50 per child (5-11 years old). There is no charge for children under the age of 5. The price includes accommodation for 2 nights, meals and drinks and a packed lunch for the walk.

All meals will be served at Craig Y Nos Castle including breakfast and dinner. Also **please note that towels and bedding are also provided, so no need bring your own.**

Fitness

The FanDance2026 challenge consists of 4 separate peaks including Pen Y Fan, which stands at 886m. If you feel you are unable to attempt this challenge, a shorter walk has also been planned.

All our events are designed to be physically challenging and it is strongly advised that you get some practice done. A link to a recommended training regime by the British Heart Foundation is provided in the link below in the "Additional Information and Resources" section to help act as a guide.

Equipment

- ~ You will require a backpack of some kind. You won't have to carry much, but you are required to carry your lunch, spare water and any layers.
- ~ It is very important that you dress well for the walk. Appropriate walking shoes/boots (**not trainers or pumps**) are essential as well as at least 1 pair of thick socks to avoid blisters.

You will also need a few layers as well as waterproofs. Light-weight walking trousers are advised; jeans are **strongly not recommended!**

~ You must ensure you have enough water to last the walk; a minimum of **2 litres of water** is advisable. You are expected to **carry all your water with you** so you may want to consider a camel-back. Water is available for you to take with you when you collect your lunch pack.

~ For stability, walking poles are advisable

~ You should also bring comfortable and warm casual clothes for the evenings

Fund Raising

Please go to the 'Support Us' page on the RaksTrust website at www.rakstrust.org/supportus to find information on our projects, links to the trust's JustGiving pages as well as some hints and tips to maximise your fundraising.

Itinerary and Notes for The Weekend In General (Subject to changes on the day)

- Friday 21st August: Arrival 5:00pm onwards at Craig Y Nos Castle. Dinner is served from 7:00pm
- Saturday 22nd August: Meet at 7:00am in the courtyard near the fountain to collect lunch pack and set-off by 7:30am with the lead group taking a 5 minute head start
- The route is a 10-12 hour hike starting from Pont Ar Daf car park
- Designated team leaders familiar with the route will take the whole group divided into teams on the hike
- If at any stage you feel you cannot continue or require medical attention, inform your team leader immediately
- Finish the hike ready for a well-deserved evening meal and a drink (or 3!)
- Sunday 23rd August: Depart Craig Y Nos Castle 10:00am (please note all beds must be stripped and used sheets and towels be left on the bed)

Additional Information and Resources

Please note that the following equipment are useful beyond anything stated:

~ **Spare socks**

~ **Gloves**

~ **Hat**

~ **Waterproofs**

~ **Torch/Head Torch**

~ **Trust T-Shirt**

~ **Mobile phone**

Accommodation:

Craig Y Nos Castle

Brecon Road

Swansea

SA9 1GL

Start Point:

Pont Ar Daf Car Park

Brecon
LD3 8NL

Links:

<https://www.craigynoscastle.com>

[British Heart Foundation Trekking Guide](#)