



# WELCOME TO THE PEGASUS EXPERIENCE:

THANK YOU FOR JOINING US IN THE BANNAU BRYCHEINIOG FOR AN INFORMATIVE WEEKEND OF TRAIL RUNNING, WORKSHOPS AND GUEST SPEAKERS. THIS MANUAL WILL GIVE YOU EVERYTHING YOU NEED TO KNOW FOR THE BIG WEEKEND!

DOORS WILL OPEN FOR THE WEEKEND AT 17:00, APRIL 12TH 2024 AND CLOSE AT 18:00, APRIL 14TH 2024

WEEKEND LOCATION / PEGASUS HQ - [PERTH-Y-PIA BUNKHOUSE, LLANBEDR, CRICKHOWELL, NP8 1SY](#)

WEBSITE - [CLICK HERE](#)

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# WELCOME TO THE PEGASUS EXPERIENCE:

## DESCRIPTION OF THE PEGASUS EXPERIENCE:

WHETHER YOU'RE A FIRST-TIMER OR AN OLD HAND AT TRAIL RUNNING, THIS INFORMATIVE WEEKEND WILL GIVE YOU A GREAT OPPORTUNITY – BOTH DAY AND NIGHT – TO HIKE IN THE MOUNTAINS, RUN THE TRAILS AND LEARN NEW SKILLS IN A SAFE AND SUPPORTIVE ENVIRONMENT.

## WHAT TO EXPECT:

WE NEED TO MANAGE YOUR EXPECTATIONS. THIS EXPERIENCE IS NON COMPETITIVE. IT IS ABOUT GETTING TO KNOW TRAIL RUNNING. IT IS ABOUT GETTING TO KNOW YOUR FELLOW RUNNER. BUILDING THE KNOWLEDGE AND BUILDING THE CONFIDENCE TO TAKE INTO YOUR TRAIL RUNNING ADVENTURES.

THE PEGASUS EXPERIENCE WILL BE AN ENJOYABLE EXPERIENCE. YOU CAN RUN AT YOUR OWN PACE DURING THE TRAIL RUNS. YOU CAN TEST YOUR ABILITIES HOWEVER YOU WANT TO. WE'LL BE THERE FOR YOU THROUGHOUT WITH OUR EVENT TEAM, EXPERT GUIDES AND SPECIAL GUEST SPEAKERS LEADING THE INFORMATIVE TALKS / DISCUSSIONS.



# SCHEDULE - FRIDAY APRIL 12TH:

17:00 TO 18:30

RUNNER CHECK IN - PEGASUS HQ CRICKHOWELL

18:30 TO 19:00

RUN CAMP KICK OFF, GUIDE INTRODUCTIONS

19:00 TO 20:30

WEEKEND OVERVIEW, PIZZA SERVED AND FIRST GUEST SPEAKER

20:30 TO 20:40

GET SHOES ON AND GET READY FOR A GUIDED SUNSET HIKE WITH OUR GUEST SPEAKER

20:40 TO 22:00

HIKE FROM THE BUNKHOUSE FOR SUNSET ON CRUG HYWEL



# SCHEDULE - SATURDAY APRIL 13TH:

06:30 TO 08:00

BREAKFAST SERVED

08:00 TO 09:20

FIRST WORKSHOP - KIT, PACKING, POLES AND FOOT CARE

09:20 TO 09:30

GET SHOES ON, PICK UP YOUR BAGS AND HEAD OUT ON THE TRAILS

09:30 TO 14:30

GUIDED TRAIL RUN, 12 MILES, 2,000FT ELEVATION GAIN - THE HORSESHOE ROUTE

12:30 TO 15:30

LUNCH SERVED AT PEGASUS HQ IN CRICKHOWELL

15:30 TO 17:00

SECOND WORKSHOP - NAVIGATION, MAP READING AND BREAD CRUMB TRACKING



# SCHEDULE - SATURDAY APRIL 13TH:

17:00 TO 19:00

GET TO KNOW YOUR FELLOW RUNNERS, SOCIAL TIME

19:00 TO 21:30

DINNER SERVED, SECOND GUEST SPEAKER AND PANEL OF TRAIL RUNNING EXPERTS

21:30 TO 22:30

GET TO KNOW YOUR FELLOW RUNNERS, ASK QUESTIONS TO THE EXPERTS AND SOCIALISE



# SCHEDULE - SUNDAY APRILL 14TH:

07:00 TO 08:30

BREAKFAST SERVED

08:30 TO 09:00

GET SHOES ON, PICK UP YOUR BAGS AND HEAD OUT ON THE TRAILS

09:00 TO 13:00

GUIDED TRAIL HIKE, 8 MILES, 1,500FT ELEVATION GAIN - SUGAR LOAF MOUNTAIN

13:00 TO 14:00

BEST WISHES AND FAREWELLS



# ACCOMMODATION ARRANGEMENTS:

WE HAVE AN INCREDIBLE BUNKHOUSE IN THE FOOTHILLS SURROUNDING CRICKHOWELL AND THIS WILL ACT AS PEGASUS HQ FOR THE DURATION OF THE WEEKEND. ALL WORKSHOPS AND GUEST SPEAKER GIGS WILL RUN OUT OF THE BUNKHOUSE.

ALL RUNNERS WILL BE EATING AND SLEEPING AT PERTH Y PIA. THIS BEAUTIFUL BUNKHOUSE IS LOCATED IN A TRULY REMARKABLE LOCATION, WITH UNPRECEDENTED VIEWS OF THE BEGUILING SUGAR LOAF MOUNTAIN.

THERE IS PLENTY OF SPACE FOR EVERYONE AND ALTHOUGH NOT REQUIRED, YOU ARE MORE THAN WELCOME TO BRING YOUR OWN BLANKET / SLEEPING BAG / SOFT TOY.

ELECTRICITY TO RECHARGE YOUR GADGETS WILL BE AVAILABLE, AS WELL AS TOILETS AND SHOWERS. WE'D IMAGINE THESE ARE PRETTY IMPORTANT FACILITIES.





# CATERING ARRANGEMENTS:

WE HAVE ARRANGED FOR AN EXTERNAL CATERING COMPANY TO TAKE CARE OF YOU FOR THE WEEKEND AND THEY CAN ACCOMMODATE ALL DIETARY REQUIREMENTS - AS LONG AS YOU LET US KNOW BEFOREHAND.

WITH REGARDS TO MEALS ORGANISED FOR YOU THROUGHOUT THE WEEKEND, PLEASE SEE BELOW;

BREAKFAST - SATURDAY AND SUNDAY

LUNCH - SATURDAY

DINNER - FRIDAY AND SATURDAY

PLEASE NOTE; RUNNERS ARE RESPONSIBLE FOR BRINGING THEIR OWN FOOD / NUTRITION FOR WHEN OUT ON THE TRAILS. THIS IS A GREAT OPPORTUNITY FOR YOU TO TEST OUT THE FOOD YOU PLAN ON EATING DURING ULTRA MARATHONS.



# MANDATORY KIT FOR RUNNING:

THIS EXPERIENCE HAS BEEN CRAFTED FOR YOU TO TEST YOURSELF AND YOUR KIT ON THE TRAILS AND MOUNTAINS OF SOUTH WALES. WE'D RECOMMEND BRINGING WITH YOU THE KIT THAT YOU PLAN ON USING DURING ULTRA MARATHONS, WITH THE FOLLOWING LIST BEING MANDATORY:

- APPROPRIATE FOOTWEAR (TRAIL SHOES RECOMMENDED)
- WATER BOTTLES (1 LITRE MINIMUM IN TOTAL)
- MOBILE PHONE (WITH BATTERY)
- COMPASS
- DOWNLOADED GPX / GPS FILE OF THE ROUTES
- HEAD LAMP OR OTHER LIGHT SOURCE FOR NIGHT-TIME
- SURVIVAL BAG
- WATERPROOF CLOTHING (TOP AND TROUSERS BOTH WITH TAPED SEAMS)
- WARM CLOTHING (DOWN JACKET OR FLEECE, HAT, GLOVES, BASE LAYER OR MID LAYER)
- BACKPACK
- BLISTER KIT
- RE-USEABLE CUP (TO USE ON ROUTE AND AT CHECKPOINTS)
- ADEQUATE FOOD RESERVES / NUTRITION



# RECOMMENDED GEAR FOR THE WEEKEND:

- CHANGE OF CLOTHES FOR CASUAL WEAR
- BLANKET / SLEEPING BAG (OPTIONAL)
- TOWEL
- TOOTHBRUSH
- SHAMPOO
- HIKING POLES
- ANY MEDICINE YOU MIGHT NEED
- EXTRA BATTERIES
- EXTRA HEADLAMP
- YOUR FAVOURITE STUFFED ANIMAL
- FAVOURITE SNACKS
- WATER BOTTLE
- SPARE CHANGE OF RUNNING KIT
- POWER BANK
- BUG SPRAY
- YOUR FAVOURITE FOODS, GELS, SNACKS, DRINKS
- ANY CHARGING CABLES FOR PHONE, GPS
- WET WIPES
- EAR PLUGS FOR SLEEPING
- WARM PANTS / RUNNING TIGHTS



# ROUTE - FRIDAY APRIL 12TH:

**DISTANCE - 1.5 MILES**

**ELEVATION GAIN - 700FT**

**START POINT - PERTH-Y-PIA BUNKHOUSE (PEGASUS HQ)**

**END POINT - PERTH-Y-PIA BUNKHOUSE (PEGASUS HQ)**

BRIEF DESCRIPTION - THIS IS THE EVENING / NIGHT TIME ADVENTURE OF THE WEEKEND. WE'LL BE STICKING TOGETHER ON THIS HIKE. PLEASE NOTE IT IS HIGH UP AND IN APRIL WE COULD BE IN FOR ANY CONDITIONS. PLEASE PREPARE FOR FOR THE WORST WEATHER AND BRING THE RIGHT KIT. HOPEFULLY IT'S A BEAUTIFUL EVENING.



[GPX ROUTE HERE](#)

# ROUTE - SATURDAY APRIL 13TH:

**DISTANCE - 13 MILES**

**ELEVATION GAIN - 2,500FT**

**START POINT - PERTH-Y-PIA BUNKHOUSE (PEGASUS HQ)**

**END POINT - PERTH-Y-PIA BUNKHOUSE (PEGASUS HQ)**

BRIEF DESCRIPTION - THIS IS THE LONGEST SESSION OF THE WEEKEND. YOU WILL START OFF THE DAY IN PERTH-Y-PIA BUNKHOUSE AND FOLLOW A LOOPED ROUTE BACK TO PERTH-Y-PIA BUNKHOUSE. YOU WILL EXPERIENCE THE BEGUILING BLACK MOUNTAINS AT THEIR VERY BEST.



[GPX ROUTE HERE](#)

# ROUTE - SUNDAY APRIL 14TH:

**DISTANCE - 9 MILES**

**ELEVATION GAIN - 2,200FT**

**START POINT - PERTH-Y-PIA BUNKHOUSE (PEGASUS HQ)**

**END POINT - SUGAR LOAF MOUNTAIN CAR PARK**

BRIEF DESCRIPTION - DAY THREE WILL BE THE TIRED LEG KINDA DAY. YOU'LL RUN FROM THE BUNKHOUSE TO THE TOP OF SUGAR LOAF MOUNTAIN AND DESCEND TO THE CAR PARK TO MEET YOUR RIDE BACK TO THE BUNKHOUSE AND THE END OF THE WEEKEND.



[GPX ROUTE HERE](#)



# HAVE A QUESTION? GET IN TOUCH.



IF THERE IS ANYTHING YOU ARE UNSURE ABOUT  
THEN PLEASE DO GET IN TOUCH. WE ARE HERE  
TO MAKE SURE YOU ARE FULLY PREPARED TO  
ENJOY THE PEGASUS EXPERIENCE.

## CONTACT:

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