



back up

THE PUSH

YR WYDDFA 2025

Essential information

Friday 27th - Sunday 29th June 2025



The Push - Yr Wyddfa 2025

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Key information

The Push is Back Up's toughest, most exhilarating fundraising challenge!

We're seeking teams who are keen to take on the mountain and raise funds for our life-changing services. Whether you use a wheelchair or can walk, this is the challenge for you!

When? - The Push will take place over the weekend from Friday, 27th June to Sunday, 29th June 2025, with the climb on the Saturday, 28th June 2025.

Where? - The Push will take place on the mountain Yr Wyddfa located in Snowdonia National Park in Gwynedd, Wales. Our start point will be in Llanberis.

What? - As a team, you all work together to reach the top of Yr Wyddfa and back down again, covering approximately eight miles of steep, mixed surfaced terrain.

Who? - Team sizes can vary between 10 and 16 members, with one participant using a wheelchair.



Package options

There are a range of different ticket and registration options, depending on your level of involvement with the challenge.

Option 1 Participant & Camping - £ 75pp

- Two nights camping at Tal Y Mignedd campsite
 - Support and safety on the mountain
- Food and entertainment on Saturday night at the post-push party
 - The Push t-shirt
- Medals and trophies for the winners at the post-push party

Option 2 Participant - not camping £55pp

- Support and safety on the mountain
- Food and entertainment on Saturday night at the post-push party
 - The Push t-shirt
- Medals and trophies for the winners at the post-push party.

Option 3 Supporter - camping £ 50pp

- Two nights camping at Tal Y Mignedd campsite
- Food and entertainment on Saturday night at the post-push party

Option 4 Supporter - not camping £15pp

- Food and entertainment on Saturday night at the post-push party

Supporter tickets do not grant access to join the team on the mountain. These tickets allow you to see the team off and welcome them at the finish line. If you choose to go up the mountain, please note this is at your own risk and Back Up nor the mountain safety team can take responsibility for your safety or location on the mountain.

Adapting wheelchair

Adapting a wheelchair is absolutely crucial with this challenge event. Please see photos below to see what previous participants have done. It needs to be customised to meet the needs of the wheelchair participant - one size does not fit all - what might be suitable for one participant may not necessarily be suitable for another participant.

Teams must submit chair photos weeks before the event for review and recommendations.

You can find more information on adapting a wheelchair [here](#)

The Chair



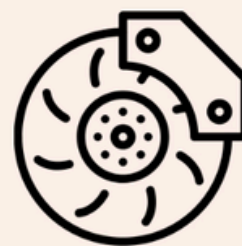
Strength

Wheels and frame must be strong enough to survive 9 miles of rough terrain, including bumping up and down rocky steps around 30 centimetres in height. Be sure not to burden the team with too much excess weight to transport up and down the mountain.



Wheels

Heavy duty spokes, mountain bike tyres, tubes filled with 'slime' are the best options here, as wheels take the worst hit when climbing. Designs of 2, 3 or 4 wheels are probably your safest option. Small castor wheels on the front are useless on the rough terrain, and in some instances can get caught on rocks and in gullies. Punctures are common so take spare inner tubes, and even a spare wheel, in case of broken spokes, and hubs.



Brakes

Brakes are essential to help slow the downward journey. Discs are best, but bicycle style rim brakes are effective. Holding onto the tyre or push rims CAN cause blisters and serious injury. If you have no brakes, then consider having more team members on the ropes to assist with slowing down on the downward trip.

Examples of different types of chairs on the next page



Two- wheeler



Three- wheeler



Four- wheeler

Forming a team

The key to success in The Push Fundraising Challenge is your team! Take this opportunity to recruit teammates and register together as early as possible!

Each team should have **10-16 members**, including **one** wheelchair user. It's crucial to get to know your team, practice together, and familiarise yourself with the chair you'll be using.

As mentioned in the chair section, if you're building or adapting your own chair, doing so as a team will make the process smoother and more rewarding. This is a team challenge, and working together is essential.

If you're having trouble forming a team, please reach out to us at events@backuptrust.org.uk, and we may be able to pair you with another group.



The Push- Yr Wyddfa kit list

"Given North Wales unpredictable weather, we'll check everyone's kit to ensure suitable clothing and boots. With proper preparation, you're in for a fantastic day, and the sense of achievement after completing The Push is virtually guaranteed!"

Everyone must bring!

- If you are camping, a tent plus a sleeping bag and mattress /roll mat
- Dinner on Friday night and breakfast on Saturday and Sunday morning
- Walking boots- you will not be permitted to the mountain without boots with ankle support and a decent tread
- Full waterproofs (tops and trousers)
- Gloves
- Warm clothes to sleep in
- Fleece or warm jacket and a hat
- Daysack
- Packed lunch and high-energy snacks such as cereal, chocolates, sweets, high energy bars
- Sunscreen lotion

Teams must bring!

- Ropes for pulling the chair- we can help with this. Please get in touch
- First- aid kit
- A portable charger for mobile phones
- A good breakfast is essential for the morning
- please remember to bring food and drink for the climb

Wheelchair users must bring!

- Puncture repair kit (and pump!)
- Footwear which is warm and waterproof
- Foot straps
- Layers of clothing & windproof clothing
- Tool Kit
- Off- road/solid tyres are recommended. it takes a long time to repair a puncture
- Spare inner tubes
- Mountain bike helmet





What's next?

Build your team - The pivotal aspect of The push challenge is the team! Utilise this opportunity to seek out potential teammates to register for the challenge together.

If you're unable to form a team but still wish to participate, email the events team at events@backuptrust.org.uk and we'll assist in finding you a team to join.

The minimum fundraising target is £4,000 per team

Training - It's advisable to enhance your fitness level in preparation for The Push by engaging in regular exercise. Familiarise yourself with your hiking boots, especially if you're not accustomed to them, and consider practicing on uneven terrain with your entire team if possible.

Adapt your wheelchair - The route for The Push spans about 9 miles. Starting on a brief section of asphalt at the bottom, you'll progress through a combination of narrow rocky terrain, gravel tracks, and rock staircases. The incline can be steep and slippery, even under dry weather conditions..

Event Conduct and Behaviour - We kindly request that you do not drink alcohol on Friday night. Any kind of antisocial behaviour, threatening behaviour or language directed towards other participants or Back Up staff will be treated very seriously, and you may be asked to leave the campsite and not take part in the event.



Get in touch!

If you have any questions please get in touch
with the Natalie at

Natalie@backuptrust.org.uk