

**Source to Sea**  
**August 2024**  
**FAQs**

General FAQs

- ***Do I have to do the whole event or can I just do part of it?***  
No, you don't have to do the whole event. Just tell us on the registration form which activities you'd like to participate in.
  
- ***How fit do I need to be to take part?***  
The whole event is aimed at encouraging participation from as many people as possible so we are not expecting elite athletes (although they would be very welcome!). Of course, you'll need to have a certain level of fitness to walk, cycle or paddle but for each event we would expect to have fast and slow groups.
  
- ***Where can I stay?***  
We're expecting participants to organise their own accommodation to suit their needs.
  
- ***Are children allowed to participate?***  
Yes children (under 16 years old) are very welcome but must register and be accompanied by a responsible adult
  
- ***What about dogs?***  
Dogs are also welcome on the walking stages but must be kept on a lead. Owners will be expected to take responsibility for their dog at all times.

- ***Are the evening events free?***

Yes the evening events have free admission but there will be a charge for food & drink.

## The Walk FAQs

- ***How far is the walk on Day 1***

It is 42km/26m from the source (Teifi Pools) to Lampeter. We expect this to take up to 11 hours

- ***That sounds a bit far – is there a shorter walk available?***

Yes, the short option finishes in Tregaron (12 miles). From there transport will be available to take you on to Lampeter.

- ***What about my car?***

Participants will need to organise their own logistics for the event. You may want to ask a friend to drop you off or pick you up at the end of the walk.

## The Cycle FAQs

- ***How far is the cycle on Day 2***

The ride from Lampeter to Newcastle Emlyn is 40km. It mostly follows the National Cycle Trail 82. There will be a lunch stop in Llandysul which is about halfway.

- ***Is the route very hilly?***

Of course – this is West Wales! We'd expect most people to take 3-4 hours to cycle the route (excluding breaks) but there will undoubtedly be a group that takes it more gently.

- ***Do you supply bikes for the event?***

Sadly not. We are a small organisation and therefore unable to supply bikes. Please bring your own bike.

- ***Do I have to wear a helmet?***

Yes.

- ***Is there anywhere to store my bike?***

tbc

## The Paddle FAQs

- ***How far is the paddle on Day 3***

The paddle from Llechryd to Poppit Sands is approximately 14km. We estimate this could take up to 4 hours.

- ***Where can I park/leave my car for the paddle?***

At Llechryd cricket club (postcode is SA43 2QB)

- ***Do you supply kayaks or SUPs for the event***

Sadly not. We are a small organisation and therefore unable to supply kayaks or SUPs. Please bring your own.

- ***Do I need to wear a lifejacket?***

Yes