



Taith Tachwedd 2025
PATAGONIA
November 2025 Trek



160
PATAGONIA
1865 * 2025



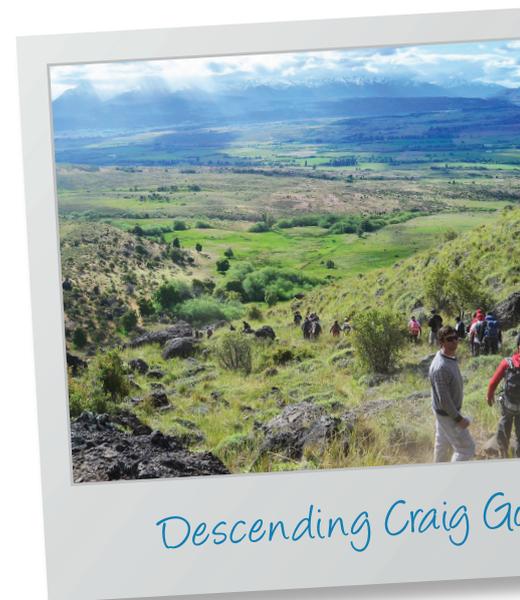
**QUESTIONS
& ANSWERS**



Codi Arian
CANOLFAN GANSER
VELINDRE
CANCER CENTRE
Fundraising



FUNDRAISING
REGULATOR
Reg Charity
No 1052501



Descending Craig G

How fit do I need to be?

This is not just a walk, but a demanding trek. We are seeking to recreate as closely as possible the conditions that our Welsh ancestors encountered 160 years ago. Although we will be staying in huts, we will be carrying our own rucksacks during our trek. We will supply everyone with a complete training guide and the fitter you are, the more you will enjoy the adventure.

What's the terrain like?

We will be trekking along a mixture of flat grassy plains to long steep climbs and descents. Trails will vary from rocky, dusty tracks to muddy / boggy areas. On some days we will be walking for quite long distances, up to 11 hours per day and some stretches can be quite strenuous.

What's a typical day on trek like?

Whilst on the trek, we will be up at around 6.00am! After breakfast we will normally start walking around 7.30-8.00am. You will need to carry your own bag each day. Typically, we walk for 4-5 hours in the morning and then stop for lunch. In the afternoon we walk for 3-5 hours to our overnight mountain hut.

What sort of back up is provided?

There will be a UK Expedition Leader and Doctor accompanying the group from the Ultimate Travel Company. Local guides will trek with us and will be knowledgeable about the country and route. The guides will carry radios and the Expedition Leader will carry a satellite phone for emergencies.

Do I need any vaccinations?

Typhoid and Hepatitis A vaccinations are advisable. Tetanus and polio vaccinations should be up to date. This is a guideline only. You must seek professional medical advice from your GP or local travel clinic.

Do I need any specialist kit?

A good pair of walking boots and a good supportive rucksack is a must. We also recommend good wind and waterproof jacket and trousers. A full kit list will be supplied.

Will I be insured?

Everyone must be adequately covered to take part in the event. You should explain fully to insurance companies what type of trip you are undertaking e.g. escorted trek in Argentina, which includes evacuation and repatriation.

What will the weather be like?

Weather in this region is extremely unpredictable and you can get all four seasons in one day! You must come prepared. It is also very important to bring thick plastic bags to protect sleeping bag / clothes etc. if it rains.

What will we eat and drink?

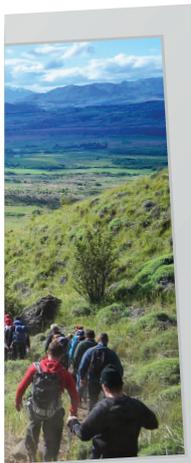
Water on the trek will be treated and safe to drink. Hot and cold drinks will be available at the huts. Food will be substantial and will include lots of carbohydrates and protein.

Where will we sleep?

We will sleep in a mixture of hostels, mountain huts and hotels. Facilities will be basic and room sizes will vary.

How much money will I need to take?

Approximately £200-250 spending money is sufficient for drinks, tips and some souvenirs.



Goch



Through the Andean forest



The end of a tough trek

Can I stay on in Argentina after the trek?

There is a possibility to stay on. This is subject to availability and on a first come first served basis. Our tour operator Ultimate Travel will deal with this, there is an administration fee of £95, plus any additional costs over and above the group fare.

Do I need a visa to enter Argentina?

You must have at least 6 months validity on your passports from the date of return to the UK. A visa is not required by British passport holders. On arrival you will be given an entry stamp, which is valid for 90 days.

Can I cover the cost of the trip myself?

Your initial non-refundable registration fee will meet some of the costs of travel, meals, equipment, and general organisation of the trip. A percentage of these costs will also have to come out of the money you raise – with an event of this size, this is unavoidable. This means that each person who sponsors you must realise that a percentage of your fundraising will be used to cover these costs. If you feel unhappy about this you can speak to us about paying for a section or all of the costs of the trek yourself around £3,400 depending on numbers (TBC – final costs will be sent to Velindre in 2024), and fundraise for the remainder.

Fundraising

We will supply you with a Fundraising Pack – please read this before beginning your fundraising.

Following this, please start your fundraising as soon as possible, as this will allow you the maximum amount of time to reach, and hopefully exceed your target.

When you are organising any fundraising events please ensure that any promotional materials clearly state that the funds raised will be used for the purposes of the overseas challenge you are engaged in.

Please ensure your material's carry the official Patagonia event logo, and the in Aid of Velindre logo too.

This will ensure that each person that sponsors you or donates to a fundraising event that you're organising realises that a percentage of their sponsorship / donation will be used towards the trips costs. £7,000 is a lot to raise, but Velindre has a team of fundraisers who have helped hundreds of previous trekkers exceed their sponsorship targets. Please be assured that in previous treks every participant has raised well over the minimum sponsorship, and for our last overseas trek in 2022 on average each trekker raised over a thousand pounds above the sponsorship target, meaning that Velindre benefited enormously.

How much will I need to raise and what's included in the trip?

To book your place on the trip each participant will pay a non-refundable registration fee of £200. Each participant will need to raise £7,000. This is a lot of money but we have experienced staff that have helped and supported hundreds of previous fundraisers to achieve their targets.

Included will be:

- International return flights to Buenos Aires
- Airport transfers on arrival and local transfers
- Twin hotel accommodation in hotel at beginning and end of trek
- Shared hut accommodation on trek
- Professional experienced trek guides
- UK Expedition leader
- UK Expedition Doctor on trek with comprehensive medical kit
- Full board throughout the event, except lunch on day 2



The Mimosa Landing

On 28 May 1865 the Mimosa carrying 162 men, women and children left Liverpool. The cost of a ticket was £12 and passengers were bound for a new life in South America. The ship landed at New Bay on 28 July and the date is still celebrated each year as the anniversary of the Mimosa landing.

Despite many hardships more settlers arrived in the 1870s and 1880s. Today the population of Patagonia is around 150,000 with an estimated 20,000 people descended from Welsh settlers. The Welsh language is still spoken and Eisteddfod's held each year.

Velindre is Wales' premier Cancer Centre, providing care, support and treatment to cancer patients and their families for over 60 years.

Velindre is the major provider of radiotherapy and other specialised anti-cancer treatments in Wales. Access to radiotherapy is critical to improving patient outcomes for cancer.

We all know of family, friends and loved ones who have been touched by cancer.

The incidence of cancer is rising by 2% each year in Wales with nearly 20,000 people diagnosed with this illness each year. One in two of us will develop cancer and 150,000 people will be living with a current or previous diagnosis of this disease.

However as Velindre staff strive every day to deliver the best cancer services through exceptional care, more people than ever are living with cancer – survival rates have doubled in the last 40 years through better treatments and earlier detection.

We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world.

Donations to Velindre are used to fund things over and above what the NHS provide, so fundraising really does make a huge difference to our patients and their families.

We aim to provide the best care, when people need us most.

Support our campaign and help us to achieve Victory Over Cancer



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