

THE CHALLENGE OF A LIFETIME,  
FOR THE CHARITY OF YOUR CHOICE...

# SNOWDON TREK

JOIN US FOR A WEEKEND TREK  
TO THE HIGHEST POINT IN WALES!

 **GLOBAL  
ADVENTURE  
CHALLENGES®**

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[GLOBALADVENTURECHALLENGES.COM](http://GLOBALADVENTURECHALLENGES.COM)

# KEY INFO

Duration: 2 days

Distance: 12 miles approx.

Challenge Grade: Challenging ①

Location: Wales

# CHALLENGE HIGHLIGHTS

- Climb Wales' highest mountain
- Follow the Pyg track to the summit
- Witness dramatic views stretching as far as Anglesey
- Take in stunning views of Llyn Glaslyn on your ascent

# THE CHALLENGE

This is the perfect challenge for anyone new to trekking and charity challenge events! We follow the Pyg track to the summit, walking from our campsite to the top of Pen y Pass and then ascending steadily with the imposing Crib Goch directly above, and amazing views down to Llyn Glaslyn far below. Our fully supported trek will open up dramatic views as far as the eye can see as we approach the summit. After celebratory photos, we start our descent on the more gradual Miners Path. We are treated to the most stunning views as we wind our way down to Pen y Pass and back to our campsite to get ready for our celebratory meal!

## Day 1

### Snowdon (1085m)

We meet early morning at the campsite for registration and a full briefing on the day ahead before setting off on our challenge. We walk to the top of Pen y Pass to start trekking on the Pyg track, our ascent trail to the summit. The route starts at the top of Pen y Pass and rises steadily with the imposing Crib Goch directly above.

As the path gradually rises we are privy to amazing views down to Llyn Glaslyn far below. We continue to zig zag up until reaching the monolith which opens up dramatic views as far as Anglesey; from here it's just a short walk to our goal. Once we reach the summit (3,560ft), after congratulations all round and celebration photos we start our descent on the Miners Path.

Although this is longer in distance it is a more gradual descent, so easy going underfoot after the strenuous climb up to the summit. We are treated to incredible views of Clogwyn Du'r Arddu's steep cliffs as we wind our way down to Llanberis for our celebration meal and no doubt a well-earned pint to toast our achievements!

Trekking distance – **approx. 12 miles**

## Day 2

After a good night's sleep and a hearty breakfast, we say our goodbyes and start our homeward journey after a fantastic weekend and a great achievement!

(Please note, this is a complex itinerary and subject to change)





## JOIN US AS WE CLIMB TO THE TOP OF WALES!



SNOWDON WAS FORMED BY VOLCANIC ERUPTIONS AND EARTHQUAKES MORE THAN 400 MILLION YEARS AGO

ACCORDING TO LEGEND, SNOWDON IS THE RESTING PLACE OF THE GIANT RHITA GAWR FOLLOWING HIS DEFEAT IN BATTLE BY KING ARTHUR



THE NAME SNOWDON MEANS “SNOW HILL”



OVER 400,000 PEOPLE VISITED THE SUMMIT IN 2016



SNOWDON STANDS AT 1085M HIGH

# YOUR QUESTIONS ANSWERED...

## Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

## How fit do I need to be?

This trek has been graded as Challenging (1) on our challenge grading scheme, meaning it is designed to push your boundaries - however it is achievable by most people as long as you fitness train beforehand. Remember, you are trekking to the summit of the highest mountain in Wales, so the fitter you are, the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

## What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

## Where will we stay?

We will be camping at a local campsite and will be using comfortable and spacious 3 man tents, with 2 people sharing a tent. The campsite will have basic washing facilities available. Remember this is a challenge!

## Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and some waterproofs you do not need any specialist kit.

## Do I have to carry my own luggage?

No – all you will need is a small day pack while trekking to carry items such as a camera, sunscreen, energy snacks and your packed lunch etc.

## Food Matters...

All meals will be provided from lunch on Day 1 to breakfast on Day 2. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

## What's included?

- Accommodation on Day 1
- All meals from lunch on Day 1 through to breakfast on Day 2
- Qualified Global Adventure Challenges leaders
- Vehicle for back up and support

## What's not included?

- Travel insurance
- Tips and gratuities
- Alcoholic drinks
- Personal trekking kit (trekking boots, poles, etc.)

## What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges leaders. Full, comprehensive first aid kits will be taken. A support vehicle will be located at the foot of the mountain providing extra support if needed. Mobile phones and VHF radios will be used to ensure our safety and security at all times.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I'm interested... what do I do now?

You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com), payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

# #ADVENTUREATYOURSIDE

## REGISTER ONLINE TODAY!

[WWW.GLOBALADVENTURECHALLENGES.COM](http://WWW.GLOBALADVENTURECHALLENGES.COM)

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