

UNITE & HIKE

SUPPORT THE NHS

SNOWDON
AT NIGHT
TREK

SATURDAY 15 MAY 2021



GLOBAL
ADVENTURE
CHALLENGES®

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KEY INFO

Duration: 1 day

Distance: 9 miles approx.

Challenge Grade: Challenging ①

Location: Wales

CHALLENGE HIGHLIGHTS

- Join us for a very special challenge, in support of the NHS charity of your choice
- Climb Wales' highest mountain - by night!
- Follow the Llanberis track to the summit
- Watch the sunrise across the stunning mountain range
- Snowdonia National Park is a Dark Sky Reserve - so we may be treated to incredible views of the stars!

THE CHALLENGE

Join us as we explore the highest mountain in Wales and England by moonlight! Following the Llanberis track to the summit using torches to light our way, trekking by night will bring a fresh twist to this classic charity challenge. Upon reaching the mountain summit we'll be rewarded with unforgettable views of the sun rising across the Snowdonia National Park, and as we descend breathtaking sights of the mountain range will uncover before us. Once we reach the finish line in Llanberis we'll celebrate our achievement with a well-earned breakfast!

Day 1

Snowdon (1,085m)

We leave the start venue and head to the start of the Llanberis Path. Also known as the Tourist Path, this is one of the longer and more gradual ascents up Snowdon. The first part of the route is along a road towards the Penceunant Tea House, a traditional 18th century cottage.

Shortly after the Tea House we leave the road and join the section leading to the Halfway House Café. This is a steady and easy to navigate path shadowing the railway line. Once we reach the Café the path will get noticeably steeper and rockier underfoot with a steep push on to Clogwyn Station, the stretch under the railway bridge providing us with a moment's respite.

The next stretch rises quite steeply and we'll soon notice the ground dropping away on either side of our path. The steep gradient finally eases off as we approach the Bwlch Glad standing stone, and from this point the path to the summit follows the railway lines all the way up to the final few steps to the summit cairn at 3,560 ft. Once we reach the summit we'll celebrate our achievement - although we may not want to spend too much time up there due to the cold! Our descent will take around 2 - 3 hours, and when we reach the finish line we'll complete our adventure with a well-earned breakfast.

Trekking distance – **approx. 9 miles**

WHAT'S INCLUDED

What's included?

- Snacks to carry with you and breakfast on completing the challenge
- 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.)



(Please note, this is a complex itinerary and is subject to change. The health and safety of participants is our number one priority so mountain weather conditions and group ability can impact on the event timings and schedule.)



THE CAUSE

Our Unite & Hike - Support the NHS challenge is designed to enable you to support the NHS-related cause of your choice. Whether you support your local NHS Trust or a national charity is up to you, the one thing that everyone on the challenge will have in common is supporting a fantastic cause.



PAYMENT OPTIONS

PAYMENT OPTION A - MINIMUM SPONSORSHIP

Registration Fee	£49
Minimum Sponsorship	£290

You pay the non-refundable Registration Fee, and commit to raising the minimum sponsorship and send it to your chosen NHS charity as you raise it - 80% of the minimum sponsorship MUST be received no later than 10 weeks before departure. The remaining 20% must be sent to your charity within 4 weeks of completing the challenge. Try and raise as much as you can, as every penny you raise over the minimum sponsorship will be retained by your charity too!

PAYMENT OPTION B - SELF-FUNDING

Registration Fee	£49
Challenge Balance	£145

You pay the non-refundable Registration Fee to Global Adventure Challenges. Ten weeks before departure, you will receive an invoice for the Challenge Cost and Airport Tax & Fuel Surcharge contribution. This is in addition to the Registration Fee and must be paid no later than 8 weeks prior to departure. Although there is no minimum sponsorship target, you are encouraged to raise as much as possible for the NHS charity of your choice!

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 (those aged 14-17 years 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 an NHS 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).

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, energy snacks, waterproofs, warm clothing, etc.

Food Matters...

Snacks will be available for you to carry with you during the trek, however we suggest you bring along some of your favourite snacks to give you an extra boost along the way. When the challenge is complete breakfast baps will be served along with tea and coffee - we can cater for most dietary requirements as long as we know in advance, so please complete the relevant section of your registration form.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges leaders. A full, comprehensive first aid kit 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?

You can stop for drinks and snacks as and when you need to. 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, 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 we will get in touch with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

