

The challenge of a lifetime...
...for the charity of your choice

Snowdon

Trek



Conquer Wales's highest peak in the heart of Snowdonia!



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**GLOBAL
ADVENTURE
CHALLENGES®**

A spectacular trek to the highest point in Wales - a stunning location hosts a great weekend challenge!

Your trekking challenge...

The Snowdon trek in the heart of Snowdonia, North Wales is a fantastic hike of around 7 miles. We will summit the highest mountain in Wales and see an amazing panorama of the surrounding area. The route comprises of breathtaking, rugged scenery and rewarding trekking for those who take on this one day trek.

Join us as we trek to the top of Wales to conquer Mount Snowdon at an elevation of 3,560ft.

To leave your footsteps on the slopes of Mount Snowdon, simply visit our website at www.globaladventurechallenges.com and register online or complete the enclosed registration form and send it back to us along with your registration fee to the following address:

Global Adventure Challenges,
Red Hill House, Hope Street, Chester, Cheshire CH4 8BU.





Your itinerary...

Day 1

We meet early morning in Llanberis village for registration and a full briefing of the day ahead before setting off on our challenge. We transfer to 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 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 Llanberis Path. Although this is the longest in distance, it is a gradual descent, so easy going underfoot after the strenuous climb up to the summit and we are treated to the most stunning 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 of beer to toast our achievement!

Distance trekked –
Pyg Track - approx. 3.4 miles
Llanberis Path - approx. 3.8 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!

*(Itinerary correct at time of printing,
and strictly subject to change)*



Your questions answered...

Is this trip for me?

ABSOLUTELY! This trekking challenge is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation.

How fit do I need to be?

This trek is challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are trekking to summit 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.

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 maybe some trekking poles 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 camera, sun-screen, 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 of the challenge, all meals from lunch on day 1 through to breakfast on day 2, qualified Global Adventure Challenges leaders, vehicles for back up and support, medical support, any transfers during the challenge.

What's not included?

Alcoholic drinks and tips, own personal kit (trekking boots, poles etc), private travel insurance. Travel between Llanberis and your home.

What sort of back-up is there?

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 radio aids will be used to ensure your 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?

Places are limited and are on a first come, first served basis, so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back to us along with the registration fee, or register online at www.globaladventurechallenges.com – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, we will write to you with further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

**Trek to the top of Snowdon
and summit the highest peak
in Wales!**

Register online today!

www.globaladventurechallenges.com

