



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SNOWDONIA FOR SCIENCE
UK

Sat 22 Jun - Sat 22 Jun 2024





In aid of Prostate Cancer Research

22 Jun - 22 Jun 2024



1 DAYS | UK | TOUGH

Join a team of likeminded people fundraising for Prostate Cancer Research and challenge yourself to reach the summit of Snowdon via a choice of two unique routes.

Set in the heart of the stunning Snowdonia National Park, you'll be fully supported by our qualified mountain leaders who will encourage you every step of the way. We'll tackle the less frequently walked paths on this famous mountain to the summit of Snowdon, all the while knowing that each step we take is a step towards a world where families are free from the devastating impact of prostate cancer. Snowdonia for Science has been running for 17 years and has raised over £1 million for Prostate Cancer Research!

- Choice of two unique different trekking routes to the summit of Yr Wyddfa (Snowdon)
- Take on the 17km Classic Snowdon Climb
- Or the 21km Multi-Peak Challenge, an epic route with 5 summits!
- Enjoy fantastic views across Snowdonia National Park
- Raise vital funds for Prostate Cancer Research

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 22 Jun

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Arrival

You will be welcomed at registration by the team from Prostate Cancer Research and get motivated for the day ahead with the opportunity to meet other excited walkers and feel that pre-challenge buzz at the start point! You will then be introduced to before meeting your mountain leaders for the all-important safety briefing, before getting our laces tied and taking a group photo to mark the start of the day ahead.

Then it's time to set off into the mountains!

Walk

Both routes will begin from the Royal Victoria Hotel in Llanberis and head away from gives you the opportunity to avoid the usual touristy paths. You'll be supported every step of the way by our mountain leaders who are there to navigate the terrain and keep you safe.

The Multi-Peak Trek 'multi-peak' route heads away from the town of Llanberis before ascending into the mountains that surround the town. As you trek ever higher you will conquer a succession of five different summits: Moel Elio, Foel Gron, Foel Goch and Moel Cynghorion, before the grand finale of Yr Wydda, Snowdon itself.! From here the route will descend via the Llanberis path to the finish line and a very well-deserved celebration! The total distance is 21.6km with a total ascent of 1608m. Walking time is approximately 10 hours.

The 'Snowdon climb' Classic Snowdon Climb route may be slightly shorter, but hiking the highest mountain in England & Wales is still a significant and exciting challenge. , and takes you off the beaten track en route to the summit. You will head up the valley, away from Llanberis, before joining up with the Snowdon Ranger path and heading hiking to the mountain peak. From here you will descend via the beautiful Llanberis path to the finish and a warm welcome back at the hotel. The total distance is 17.5km with a total ascent of 1118m. Walking time is approximately 6 – 7 hours.

Evening Buffet

After a long day on the mountain, it's time to celebrate! Prostate Cancer Research will be throwing an after-party at the Royal Victoria Hotel, to carb-load in style and raise a glass to the achievements of the day!. It'll be a great opportunity to meet other participants, PCR staff and take advantage of the bar and slap-up buffet. We'll also be marking the day with the presentation of PCR's annual Matt Rannamets Award for the top fundraiser - in honour of the man himself who founded the Snowdonia for Science event back in 2006 and sadly lost his life to prostate cancer in 2015 .

We would love to see you there - and hopefully be awarding the prize to you! More info and buffet tickets to be released closer to the time.

NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary.

The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary

depending upon things such as weather, groups ability etc.



IN SUMMARY

Minimum sponsorship option

- Pay a non-refundable registration fee of £45.00 when you book.
- Raise a minimum of £350.00 for Prostate Cancer Research.

Flexi option

- Pay a non-refundable registration fee of £45.00 when you book.
- Then £55.00 towards challenge costs (5 weeks before your challenge).
- Raise a minimum of £150.00 for Prostate Cancer Research.

In Detail

Minimum sponsorship option

You will be required to pay the non-refundable registration fee of £45.00 at the time of booking and raise a minimum amount of sponsorship, £350.00 for Prostate Cancer Research. You should send your sponsorship money to Prostate Cancer Research as you raise it. At least 80% of the minimum sponsorship required (£280.00) must be sent to the charity 7 weeks before departure (by 04/05/2024), and the remaining 20% (£70.00) within 4 weeks of completing the challenge (by 20/07/2024). If you have raised the necessary funds, Prostate Cancer Research will then pay the balance of your expedition costs (which will not exceed 49% of the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Flexi option

You will be required to pay the non-refundable registration fee of £45.00 at the time of booking, and 5 weeks before departure (18/05/2024) you will be required to pay a second contribution of £55.00 towards your challenge costs. You will also need to raise a minimum amount of sponsorship, £150.00 for Prostate Cancer Research. You should send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required (£120.00) must be sent to the charity 7 weeks before departure (by 04/05/2024), and the remaining 20% (£30.00) within 4 weeks of completing the challenge (by 20/07/2024). The charity will retain 100% of the sponsorship money that you raise.

What's included?

- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)

- Sponsorship forms
- Qualified and experienced mountain leaders
- Medical backup and support
- Emergency vehicles
- Emergency Management
- Celebratory drink at the finish line
- Public Liability Insurance

What's not included?

- Accommodation during the challenge
- Packed lunch and drinks

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 7 weeks before departure (by 04/05/2024), and the remaining 20% within 4 weeks of completing the challenge (by 20/07/2024). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Raising the sponsorship

The expert fundraising team at PCR will be with you every step of the way to help with your fundraising - including one-to-one support over the months and access to materials and ideas to get you started! We'll be in touch soon to get the ball rolling and feel free to contact us on events@pcr.org.uk.

Why not get started by setting up your own fundraising pages to start taking online donations:

<https://www.justgiving.com/campaign/snowdoniaforscience23>

Typical group size

The typical group size is 100 - 300 participants

Why support Prostate Cancer Research?

Did you know that prostate cancer is the most commonly diagnosed cancer in men? 1 in 8 men in the UK will be diagnosed in their lifetime, and that increases to 1 in 4 for black men. At Prostate Cancer Research, we are determined to provide a better future than this; what is needed is breakthrough treatments, and research is the only way we can turn this hope into reality. That's why PCR funds world-class scientists and their pioneering research to fight for the best possible chance and outcomes for men.

Patient focus is in our DNA. We involve people with prostate cancer every step of the way to ensure your fundraising powers research that is important to them, whilst also spear-heading innovative projects with patients at their heart. For example, we know that diagnosis is an overwhelming time for many, with important choices to be made and real consequences to understand. That's why Prostate Cancer Research is launching a brand-new website next year, providing clear and accessible information about treatment options and side effects, based on hundreds of real stories from people who have experienced prostate cancer themselves.

Join us and **we'll support you in your fundraising every step of the way, with an expert team on hand throughout and access to loads of materials and ideas to help you.** Together, we can create a world free from the impact of prostate cancer.

Why book with Charity Challenge?

- We are a multi-award winning challenge events specialist with over two decades of professional experience organising and leading challenges worldwide
- High quality route design that incorporates major landmarks and undiscovered highlights
- Fully supported walking challenge. Checkpoints, walking leaders and support vehicle.
- The very best leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it!
- Thorough safety management systems in place (Challenge Safe)
- Medal at the finish
- Alternative routes to the summit of this famous mountain.
- The very highest quality Snowdon Challenge on the market!

Level of difficulty

The Snowdon Challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and who have taken part in a similar event previously and are prepared to put in the necessary training to push themselves on a more challenging trek.

- You will have a choice of two routes, one of approx. 21km and the other of 17km. Both routes are big days of walking and you can expect to be on the mountain for between 6 and 10 hours.
- The Multi-Peak Trek will see you ascend more than 1500m and the Classic Snowdon Climb involves over 1100m of ascent.
- The terrain is a mix of grass and stone tracks with very little walking on tarmac roads, only at the beginning and end of the route.

- You will need to be self-sufficient (water and snacks) when out on the hill. There are no resupply points during the route
- You will be supported you with fitness training notes and a training schedule, as well as clothing and equipment guidance and a kit list for the challenge.

What is the difference between the two routes?

In order to make this challenge accessible to as many people as possible there is a choice of two different routes. Both routes represent a considerable challenge, and both routes take you 'off the beaten path' away from tourists and crowds.

The Multi-Peak Trek will involve:

- 21km of trekking with over 1500m of total ascent
- Summiting 5 different peaks over the course of the day
- Steep ascents and descents as you follow the ridgeline between the peaks
- More remote and challenging terrain

The Multi-Peak Trek is therefore recommended to people who are looking for a tougher challenge. It will require significant training.

The Classic Snowdon Climb route will involve:

- 17km of trekking with over 1100m of ascent
- Reaching the summit of Snowdon via a more unusual route.
- Ascents and descents are less demanding than the multi-peak route
- Terrain on this route is slightly easier underfoot.

The Classic Snowdon Climb is recommended is a considerable challenge being the tallest mountain in England and Wales, and training is required.

Training

This challenge is a great adventure that will have you trekking up and down the highest mountain in Snowdonia, therefore requiring a good level of fitness and you should not underestimate the importance of training beforehand. Even if you are active and exercise regularly, it's good to adapt your training towards your chosen challenge. This is vital in building strength, cardiovascular stamina and muscle endurance for the endurance challenge ahead.

We recommend you start training as early as possible, ideally at least 4-6 months before your challenge. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you

could start with short walks in your local area, it's important to build up towards walking the distance of your actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain. Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

For challenges that involve steep terrain such as hills or mountains or even the coast, make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in any walking boots or shoes and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your 12 hour challenge!

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

We provide plenty of additional information and guidance in your personalised login area, including warm up, stretching, cardiovascular training, exercise intensity, cross training, resistance (weight) training, cool down and the hazards of over-training.

Group Size

The group will be between 100 and 300 people. There will be approximately one mountain leader per 12 participants.

How is the group managed?

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading walking challenges throughout the UK and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits at all times and will be in radio communication throughout.

This challenge is designed as a team challenge, and we would encourage everyone to support each other throughout.

Both routes will have their own registration times between 7 and 8am and set off separately. . After a short period of walking you will all have established your natural walking speed and your leaders will begin to divide the group into slightly smaller groups to continue with throughout the challenge. This will enable everyone to hike at a speed that is appropriate to them. If you wish to walk with friends then please just start off walking together and your leaders will make sure that you remain in the same group.

How do we follow the route?

This is a leader-led challenge and the route is not marked with arrows. Your leaders are experienced navigators in the hills and it will be their responsibility to show you the way. It is therefore essential that you remain with your leaders at all times.

Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

For challenges taking place in the mountains, it is worth checking out the Met Office's specialist mountain weather forecast [here](#). You can use the search function to find the summit forecast for your challenge's main mountain summit (e.g. Scafell Pike). You can also check the [Mountain Weather Information Service](#) forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may

require us to take a lower level route at times or to descend a hill or mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.

In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when a challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on a hill or mountain challenge then the challenge will end and we will start to descend immediately.

For challenges taking place during a heatwave, we will ensure there is plenty of water available for you to keep your water bottles topped up or, if this isn't possible, we will advise you where you may need to carry more yourself. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have more rest breaks.

Terrain

The majority of this challenge takes place using hill paths, which, although uneven underfoot, are fairly well maintained and regularly used. However, there is significant erosion in places so we encourage you to stick to the footpath and follow the advice of your challenge leaders.

Challenge timings

You will need to arrive at the registration point for 7:30am for a safety briefing and an 8am start. Depending on your walking speed, we expect the challenge to take between 6-10 hours to complete, and we aim to have everyone finished by 6pm.

During the trek, your leaders will be doing their best to support everyone to complete the challenge. However, there will be certain 'cut-off times' that your leaders will be working with so that everyone can complete the challenge in a safe time. On occasion it may be necessary for the leaders to provide an alternative route, that might not include reaching the summit of Snowdon. This will only be done for your safety and we ask everyone to respect the leaders' decisions, which will be final.

Please note that due to the nature of this challenge, changes may happen that delay the finish time so please

make flexible travel plans.

Please note: Precise details and timings will be made available in your Final Details that are sent out one month prior to the challenge.

Getting to and from the challenge

We will confirm all of your 'Final Details' one month prior to the challenge.

The base for your challenge is the Royal Victoria hotel in Llanberis.

Only people staying at the hotel can park at the Royal Victoria. There is a big car park next door which you can use but there is a fee.

Accommodation

No accommodation is provided for this challenge.

Llanberis is well served by a variety of accommodation options for all budgets. We can recommend some of the following options:

- The Royal Victoria Hotel - [The Royal Victoria Hotel | Royal Victoria Hotel](#)
- Padarn Hotel - [Padarn Hotel - Home](#)
- YHA Snowdon Llanberis - [YHA Snowdon Llanberis Hostel | Llanberis Accommodation Snowdonia](#)
- YHA Snowdon Pen Y Pass - [YHA Snowdon Pen-Y-Pass Hostel | Cheap Snowdon Accommodation](#)

Clothing and equipment

This is a tough challenge and to give yourself the best chance of successfully completing it please make sure that you have consulted the kit list carefully and that you have all kit marked as essential. No spare kit will be provided on the challenge.

Footwear

The most appropriate footwear for this challenge is a pair of walking boots.

Walking boots provide more ankle support than shoes and can help protect you from ankle twists and sprains. They

also have much better grip than your average sports trainer. Boots generally have stiffer soles that can better protect your feet from rough and rocky terrain, providing more comfort when you're walking on uneven terrain for any length of time. In bad weather, walking boots can also keep your feet drier and warmer.

Many people prefer to wear a trail shoe instead of boots as they find that they are lighter and more comfortable. Trail shoes are fine to wear, but please make sure that they have good grip on the soles. Sports trainers are not appropriate on any of our non-urban challenges.

It is important to wear footwear that is the right fit for your particular feet. We recommend seeking advice from your local outdoor retailer and trying several different brands and models out to find the pair that you find most comfortable. Remember to check how waterproof they are.

It is particularly important that you make sure that your footwear is well worn in, that you have tested them out with suitable walking socks and that you have any blister plasters that you may need.

Waterproofs

As the weather can change quickly in the UK, it is important to make sure that you bring an appropriate waterproof jacket and waterproof trousers. Make sure you test these out before your challenge to check they can keep you dry for 10-12 hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

Walking Poles

We highly recommend bringing walking poles to help you look after tired knees on steep ascents and descents. Your leaders will be happy to show you how to use them on the challenge, or you can check online in advance for videos on how to set them up for your height and the best way to use them.

Personal First Aid

Your leaders will carry an appropriate group first aid kit on the challenge, but it is a good idea to bring personal first aid items along for yourself. These may include blister plasters or physio tape, any personal medication and any knee or ankle supports.

If you carry an epipen, please make sure you bring two and that your leaders know where they are kept.

Head Torch

As this challenge runs through the night it is vital that you bring with you a good quality head torch along with spare batteries. Good quality head torches can be expensive, so rather than buying one it is possible to hire a very good quality one from Outdoorhire for £6. (Please click [here](#) for more info)

You will also need to consider bringing clothing and kit appropriate to the weather on the day of your challenge. Remember that the weather and temperature on the summit of a mountain or on the coastline can vary significantly from that in a valley or inland. This may mean bringing hats and gloves as well as extra layers to keep you warm. Or it may mean bringing a sunhat, suncream and extra water. On some challenges, it will mean bringing kit for all weathers!

Once you book you will have access to kit discounts with our partners OutdoorHire and Cotswold Outdoor.

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

Toilets

Toilet facilities are limited on this route. You will be made aware of designated toilet points by your walking leaders.

Where public toilets are not available then toileting is available in the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up 'Challenge Safe', one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies

that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

A few important points to be aware of:

- The terrain on the challenge is often muddy and rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- The weather in the mountains can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- The route is remote with no access to top up water bottles or snacks. Ensure that you bring enough to last the day with you, so you can keep your energy levels up and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leaders are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will always keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within 6-10hrs. If we find that you are unable to complete the trek in this time then your leaders will help you to return to Llanberis.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Responsible Tourism

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit. We are committed to sustainable and responsible tourism and always aim to make sure that we minimise our impact on the local environment.

You can help us to achieve this goal by:

- Adopting a policy of 'leave no trace'. You can read more about this [here](#).
- Taking all litter off the trek with you, including fruit peels and skins.
- Using public toilets when available and taking any tissues from 'wild wees' home with you.
- Stick to the footpaths at all times and avoid walking on their edges, to help prevent erosion from spreading.
- Only using the car park(s) designated for your event, and not parking on the local streets.

- Keeping noise to a minimum when passing houses in residential areas.
- Refraining from bringing glowsticks with you on our night challenges. This prevents them from becoming litter on the mountains when they are dropped.
- Leaving rocks, plants and other natural objects as you find them. Please don't take these home with you.
- Avoid transporting and introducing invasive species by cleaning your outdoor gear regularly.
- Contributing to the local economy by paying for parking, staying an additional night in the local area or enjoying a local meal out.
- Being patient and understanding if at points you have to wait or slow down due to others being on the same path.

We ask you to think carefully about any memorial type activities you may plan for your challenge. We fully appreciate the emotional importance our challenges have for many of our participants and encourage you to mark that special moment in your own way, whilst ensuring that the natural beauty and protection of the environment you're in is maintained. Leaving photos or other memorabilia or writing on stones is contrary to the leave no trace principle. Remember: 'Take only memories, leave only footprints'.

For more details about our responsible tourism policy then please click [here](#).

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Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

www.charitychallenge.com

facebook.com/charitychallenge

twitter.com/charitychall

