CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SNOWDON TRIPLE CHALLENGE UK

Fri 24 Sep - Sat 25 Sep 2021

In aid of your choice of charity

24 Sep - 25 Sep 2021

2 DAYS | UK | CHALLENGING

Grab this opportunity to pit yourself against the spectacular landscape of Snowdonia National Park in this tough and exciting multi-activity challenge. Taking in the summit of Wales' highest mountain, over the course of a single day, you'll push yourself across a variety of terrains.

You'll challenge yourself mentally and physically as you take on some of the most demanding landscapes in Britain on foot, by bike and in a kayak. The trip may be short, but it is far from a walk in the park as you confront steep climbs and gruelling hills over the 36km route.

- The ultimate challenge to conquer some of the UK's most rugged landscape
- Tackle all terrains as you cycle, trek and kayak in just one day in the heart of Snowdonia
- Summit the highest peak in Wales, the famous Snowdon at 1,085m
- Experience one of the UK's best natural adventure playgrounds
- Enjoy the pride of completing all three challenges in just one day!

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 24 Sep*

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Arrival and preparation

The long-awaited adventure begins in the late afternoon in Llanberis, where you will be met by your leaders for a full safety briefing.

Please note that this evening's meal is NOT included in the price.

DAY 2 *Sat 25 Sep*

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The challenge (approximately 10.5 miles cycling, 9 miles trekking and 2.5 miles kayaking)

After an early start and a hearty breakfast we head to Llanberis, where the cycling part of our journey begins. With Snowdon's rugged peak behind us, we cycle along the shore of Llyn Padam (Llanberis Lake) passing the slate quarries of the Snowdonia National Park towards Llyn Cwellyn.

Lying between the Snowdon Massif and Mynydd Mawr (Big Mountain), this is where we swap bikes for boots and begin the ascent of Snowdon itself. Though it starts with a gentle climb on the Snowdon Ranger path, the walking soon gets trickier as we are faced by a steep slope as we join the Llanberis Path up to the summit.

Snowdon and its surrounding peaks have been described as true examples of alpine typography and from our elevated viewpoint you can take in the surrounding lakes and cwms and, weather permitting, some of the most extensive views in the British Isles. On a clear day you can see four kingdoms, 24 counties, 29 lakes and 17 islands!

Descending a long, gradual slope, we will need to dig deep for the adventure's climax – a 2.5 mile kayak across Llyn Padam. Nestling in Snowdon's ever-present shadow, the lake lies amongst the beautiful landscapes of the Llanberis Pass and provides a fitting end to this awe-inspiring journey. After some obligatory photos and team celebrations, the group will be transferred back to the hotel from where we depart.

NB

If you are returning home by train please make sure you have booked an open ticket, as timings will depend very much on the group's speed and ability. You may also want to consider booking yourself another night at the hotel to avoid travelling home when tired.

The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group, or other unforeseen circumstances. We will do our very best to keep to the set itinerary, however, we cannot be held responsible for any last minute changes that may occur. In all such circumstances though, your challenge leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £75.00 when you book
Then a balance of £194.00
(5 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £75.00 when you book
Raise a minimum of £395.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Warm up exercise routines

On your challenge

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- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

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 06/08/2021), and the remaining 20% within 4 weeks of completing the challenge (by 23/10/2021). 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.
Typical group size	The typical group size is 20 - 60 participants

Why Book with Charity Challenge

- Everything included from the moment you arrive. Unlike other operators we include everything from hotel accommodation, breakfast on the morning of the challenge, and plenty of lunch and snacks whilst on the trek.
- Hire of kayaks is included in the cost. Hire of road bikes can be provided.
- The very best Leaders and instructors, 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.
- Fully qualified cycling and kayak leaders who can also provide expert instruction to guide you through each activity.
- Summit the highest peak in Wales, Snowdon, 1085m high.

Level of Difficulty

The Snowdon Multi-Adventure Challenge is graded as challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a multi-activity challenge before. You will not need to be to an expert cyclist or kayaker, just somebody with a willing sense of adventure.

You can tell your supporters that on your Snowdon Multi-Adventure Challenge you will be:

- Climbing to the summit of Snowdon – 15km, 1085m high.
- Cycling 17km around the lake shore of Llyn Padarn and passed the famous slate quarries of this area.
- Kayak for 4km around Llyn Padarn.
- A full day of activity, transferring from one activity to the next with just enough time to refuel.

Clothing & Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, you may wish to change kit between each activity. You will be able to leave any extra equipment in the support van. Waterproof and well-worn in boots will be indispensable for the trek. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Trainers are not suitable. The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasize that **jeans should not be worn** on this challenge. A full kit list for this challenge can be found here. Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Bike & Kayak Equipment

BIKE

For this challenge, you will need to bring your own bike. The bike section of the challenge follows good quality, country roads and we would recommend a road bike, hybrid or mountain bike. You must also provide your own helmet. Ideally you will already be familiar with it by the time you take part in the challenge. In preparation for the event, and for your training, you must ensure that your bike is roadworthy. Have the bike serviced when you start training and again prior to the event. This will ensure that the bike is good enough to get you through your training and the challenge.
If you would like to hire a bike and helmet then all you need to do is complete the online booking form here. All bike hire bookings must be made 2 weeks prior to the challenge. The cost of hiring a bike is £25 and this is payable when you arrive for the challenge.

KAYAK

All equipment for the kayaking section will be provided for you along with safety instruction. If you wish to bring spare clothes for after this section then these can be stored in the support vehicle. Similarly, if you wish to bring swimming shorts or costume then you can. However, changing facilities are not provided between the activities. Swimming shorts or costumes are not vital and we would recommend having spare clothes instead.

Training

This challenge is something of great adventure that will have you cycling, kayaking and hiking across the glorious and exciting Snowdonia National Park, therefore requiring a moderate to good level of fitness. The ideal training for this challenge is, naturally, hill walking and cycling. If you do not have the luxury of living near the hills, then the stairs at home (or an office block) are a great place to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 2-4 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge. There is no substitute for walking in the hills so try if possible to get out on a weekend and train in an area with steep hills. You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the expedition, the more you will get out of it. Also see your Charity Challenge Fitness Training notes.

Your training should also include some cycle training, preferably including some hills. The biking section of this challenge takes place on off-road trails, but you should gear your training to being comfortable on a bike and have experience of cycling up hills.

For the kayaking, no prior experience is necessary, although if you have the opportunity to go to a local kayaking club then this would help you when you arrive for the challenge. Kayaking requires good upper body strength, so if possible doing some exercises or light weights to build your strength would be advantageous.

Money

During the challenge there will be limited opportunities to purchase extra snacks or a cup of tea, for which you should need no more than approximately £20. This excludes your joining and returning home travel costs.

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 in the event of your cancellation. You can read our cancellation policy in our terms and conditions here, and if you wish, you could look into your own policy that covers cancellation for travel within the UK.

Group Size

Our maximum group size for this challenge is 50. For the purpose of this itinerary the group may need to be split into separate teams to complete each the challenge. If you wish to make sure that you are in the same team as someone

please let us know when you receive your Final Details information one month prior to the challenge. Depending on the number of people we may need to have separate groups doing the activities at different times.

Leadership

We employ experienced and fully qualified challenge leaders to accompany and lead you. Our leaders are first aid qualified and have extensive experience in leading expeditions throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group and will be carrying full safety equipment and mountain first aid kits with them at all times. They will also be in constant radio communication with the vehicle drivers and 'base camp' throughout the challenge. Qualified mountain bike leaders and kayak instructors are also employed to guarantee that you are very well looked after at all times and have access to expert advice.

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We run UK challenges between April and October, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. Please check the weather forecasts to ensure that you bring clothing suitable for warm, sunny temperatures as well as strong winds and downpours.

Terrain

Despite its location in the UK, the difficulty of this challenge should not be underestimated. The terrain on this challenge varies throughout and can be rough at times, so be prepared! The path on the trek is steep and uneven whilst the cycling section follows quiet country roads for the most part.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with the National Park to make sure that we run this challenge in a responsible manner. We ensure that all rubbish is disposed of responsibly, and aim to limit our impact on the natural environment. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Challenge Timings

You should aim to arrive at your challenge accommodation in Llanberis for the early evening. Please note that this evenings meal is not included in the challenge. Food is available at the accommodation.

Your day begins with an early breakfast, and time to prepare for the challenge ahead. The challenge itself commences at 9am, with the group taking on the cycling route around Llyn Padarn.

Next, the group will undertake the iconic trek to the summit of Snowdon. You will then finish the day with a kayak

challenge along the lake. You should expect to complete this challenge by early evening.

Please note that we may need to change the timings of this itinerary and change the order that the activities are undertaken.

Getting There

You should plan to arrive for 7pm on the evening before the challenge. The precise location of the hotel will be given in your Final Details information 1 month prior to the challenge departure. You will be staying in a local hotel close to the village of Llanberis.

Accommodation

Accommodation is provided in a local hotel in Llanberis. Sleeping arrangements are in same-sex twin share rooms. Please let us know if you wish to share with a specific person.

Food & Drink

You will be provided with breakfast on the morning of your challenge, and a packed lunch during the day. There will also be refreshments available before each activity changeover.

Dinner is not provided on the evening that you arrive at your hotel. Food is available at the hotel, or elsewhere in Llanberis. If you intend to eat in the hotel then we recommend that you book in advance.

Toilets

Participants will be able to utilise the bathroom facilities in the morning prior to the challenge, as well as after the hike and again at the end of the day. However, during the challenges such facilities will be limited to the great outdoors!

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!

Here are a couple of important points that you should be aware of:

- The terrain on the challenge is often 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 on the summits of the hills 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.

- Always wear the safety equipment provided to you for the cycling and kayaking activities.
- We employ qualified instructors for each activity. Please listen carefully to the instructions given.
- This is an all day challenge. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your challenge leader will have a mobile phone and radios in case of emergencies and the team are trained to deal with any emergency situations. The event is not run as a race though and you will not be expected to walk or cycle at a pace beyond your capabilities. Should you find yourself unable to continue for any reason, you will be transferred back to the start point by safety vehicle.

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Any more questions?

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