WE ARE MACMILLAN. CANCER SUPPORT

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

MACMILLAN DOES SNOWDON AT NIGHT
UK

Sat 25 Jun - Sun 26 Jun 2022

In aid of Macmillan Cancer Support

25 Jun - 26 Jun 2022

MACMILLAN CANCER SUPPORT

2 DAYS | UK | TOUGH

Beginning in the town of Llanberis, in the heart of the Snowdonia National Park, this spectacular challenge will see you and fellow fundraisers trekking to the top of Snowdon....at night!

You will be fully supported all the way by our experienced Mountain Leaders and then celebrate at the finish line with a celebration breakfast brunch.

This night time challenge will test your physical and mental limits but your efforts will be rewarded by knowing that all your hard work is going towards raising money to help your chosen cause.

- Night time trek to the summit of Snowdon
- Celebration brunch after completing the challenge
- Raise money and make a difference
- Hike under the moonlit sky

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 25 Jun*

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Arrival and begin your challenge!

The event venue for this challenge is in the town of Llanberis in the heart of the Snowdonia National Park.

After registration, and a full safety briefing from your challenge leaders you will begin the trek at shortly before midnight. During the trek you be supported every step of the way by our fully qualified Mountain Leaders.

DAY 2 *Sun 26 Jun*

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Completion of your challenge!

You should reach the summit just as the sun begins to rise over the rest of the Snowdonia National Park. After the elation of reaching the top you must summon up the energy to return to the start where it will be time to relax and celebrate with a celebration breakfast.

After this you are free to depart, re-living your achievements on your way home!

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.

As this is a night challenge it is important that you make suitable plans for travelling home after the challenge to avoid driving when tired.

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 £40.00 when you book
Then a balance of £159.00
(5 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £40.00 when you book
Raise a minimum of £325.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fitness training notes
- Risk assessment and emergency management planning
- Fundraising advice

On your challenge

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- Drinking water on challenge days
- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Clothing and equipment listed on your Kit List

On your challenge

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- Dinner on the night of arrival
- 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 07/05/2022), and the remaining 20% within 4 weeks of completing the challenge (by 24/07/2022). 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 50 - 401 participants

Why book with Charity Challenge?

- The very best Mountain 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.
- Celebration breakfast when you complete the challenge.
- The highest quality night-time charity challenge experience on the market!

Level of Difficulty

The Snowdon at Night challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and having taken on a previous trekking challenge and are now looking to push themselves further. You can tell your supporters that on your Snowdon at Night challenge you will be:

- Trekking for approx 8 hours continuously.
- Covering 21km of undulating terrain, with the added challenge of walking through the night!
- Ascending a total of approx 975m in a single night.
- Trekking as part of a team, supporting each and every team member to get through the challenge.

Plan ahead to avoid travelling home tired

We would encourage everyone to plan ahead and think about how you will travel home after the challenge. You will have just completed an energy sapping trek and you will have been awake throughout the night. We would therefore encourage that everyone consider either using public transport to travel home, arrange for a friend or relative to give you a lift, or to book accommodation nearby so that you can get some sleep before travelling home.

What route do you use on this challenge?

On this challenge we ascend and descend using the Llanberis footpath.

Challenge Timings

Precise timings and locations will be supplied to you 1 month prior to the challenge.

Your challenge begins late in the evening (approx 11.30pm) when you will register and then meet the leaders, as well as the rest of your challenge team. It will be time for your evening briefing. It is vital that everyone attend this safety briefing. Please note that dinner on the night before the challenge is not included.

You will then begin your trek at close to midnight and we estimate that it should take you approximately 8 hours to complete this challenge.

At the finish a celebration breakfast will be available, after which you are free to depart. We anticipate everyone to have completed this challenge by 7-8am.

As this is a night time challenge we would highly advise that you build in some time to rest and sleep before driving home.

Getting There

Precise timings and locations will be supplied to you 1 month prior to the challenge.

The registration point will be situated in the town of Llanberis. Please consider using public transport when possible. The nearest train station is in Bangor and local buses can connect you to Llanberis. For more local trvel information please visit the Traveline Wales website.

How is the group managed?

This is a leader-led challenge and you will accompanied by our challenge mountain leaders at all time.

We employ experienced and fully qualified mountain expedition leaders to accompany and lead you. The mountain 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. They will be carrying full safety equipment and mountain first aid kits with them at all times.

Emergencies

Your leading team 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 7-8hrs. We have a high ratio of leaders so if anyone is struggling and needs to descend they will be accompanied by one of our leaders.

Safety Advice

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.
- Trekking at night is by its nature a hazardous activity. A powerful, good quality headtorch is absolutely vital.
- Due to extra risks posed by trekking at night we always use a higher ratio of Mountain leaders to maximise safety. It is very important that you always listen to your leaders at all points and obey any decisions they make.

- The weather at night can be very different to during the day. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- Ensure that you eat lots throughout the night and keep yourself hydrated by drinking lots of fluids.

Toilets

There will be bathroom facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors!

Food & Drink

Meals while on the challenge include the celebration breakfast on Sunday morning, after the challenge. We strongly encourage you to bring additional sweets and snacks if desired as snacks during the trek are not provided.

Water will be available at the event venue, however we would advise that you arrive at the start with your water bottles already filled. There will be no additional water available on the mountain.

Please note that dinner on the evening before the challenge is not included. The drinking of alcohol the night before is strongly discouraged for your own health and safety during this tough challenge.

Accommodation

No accommodation is provided for this challenge.

There are plenty of accommodation options in and around the town of Llanberis. Please check the Visit Snowdonia website for a range of different options.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers of the Snowdonia National Park to make sure that we minimise our impact on the local environment. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local area and enhance your experience.

The national park rangers would like everyone to please adhere to the following requests so that this challenge creates as little disturbance to the local area as possible.

- Please do not take any glow-sticks on the trek with you. These are a big cause of a lot of littering that results from these night time challenges.
- Please make sure that you park in official car parks and not on the local streets. This minimises disturbance to local residents.
- At the start and end of this trek you will be walking in a residential area. Please keep the noise to a minimum

at this time so as to avoid disturbing local people at un-social hours of the day!

We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B, and go out for a meal in one of the excellent local pubs after the challenge? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other projects that we currently support.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it requires you to trek through the night, with tough ascents and descents, with the added challenge of walking in the dark. The route is predominantly on good paths, but it's the variation of footpaths that makes this challenge a unique and fun experience.

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We will 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. As this challenge takes place at night the temperature can often reach freezing point, even in the height of summer. Please check the weather forecasts to ensure that you bring clothing suitable to the conditions.

Group Size

Our minimum group size for this challenge is 100 and the maximum is 350.

As this challenge takes place at night, and for your own safety, it is extremely important that you keep with your mountain leader throughout the challenge.

There will be one expedition mountain leader per approximately 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Money

During the trek there will no opportunities to purchase other things.

There are numerous shops and cafes in Llanberis that will be open in the evening before and the morning after the challenge.

Training

The Snowdon at Night Challenge is an endurance trekking event taking place through the night, therefore requiring a good to high level of fitness. The ideal training for this challenge is, naturally, walking in the outdoors. However, if you do not have the luxury of living near the great outdoors, then the stairs at home (or an office block) are a great place to start. Try building in a walk to work if possible, or perhaps at lunch. 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 outdoors, over similar terrain that you will face on the challenge, so try if possible to get out on a weekend and train in an appropriate area. It can be a great way to discover nearby places that you never knew existed! If it is possible for you to practice walking at night with your headtorch then this is also useful. 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 challenge, the more you will get out of it. The hardest part of this challenge to train for is the fact that you will need to walk at night. Whilst it is not expected that you will have practiced this we would recommend that you be comfortable with walking with reduced visibility and using your headtorch. Also see your Charity Challenge Fitness Training notes.

Clothing & Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one.

For this challenge, a good quality headtorch with spare batteries is vital. A headtorch is much better than a handheld torch as it allows you to keep your hands free. If you do not wish to buy and expensive headtorch just for this challenge then very good quality ones can be hired for the weekend from our partners at Outdoor Hire.

Waterproof and well-worn in boots will be indispensable. 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. Sports trainers are not suitable. As this a nighttime challenge the temperatures will be significantly colder. Enough warm layers are vital as are hats and gloves. If possible, try to bring two pairs of gloves and two hats as these can very often get wet. The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this.

Other essentials are high quality waterproof jacket 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 Outdoor Hire

and Cotswold Outdoor.

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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