

CH>RITY
CH>LLENGE



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**SNOWDON TRIPLE CHALLENGE
UK**

Fri 05 May - Sat 06 May 2023





In aid of your choice of charity

05 May - 06 May 2023

2 DAYS | UK | TOUGH

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 05 May

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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 06 May

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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 into Llanberis, where the cycling part of our journey begins. With Snowdon's rugged peak behind us, we cycle along the shore of Llyn Padarn 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 topography 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 Padarn. 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 hostel 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 £85.00 when you book
Then a balance of £214.00
(9 weeks before your challenge)
Raise as much as you can for your charity.*

MINIMUM SPONSORSHIP

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*Registration fee of £85.00 when you book
Raise a minimum of £435.00 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
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- 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
- 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 11 weeks before departure (by 17/02/2023), and the remaining 20% within 4 weeks of completing the challenge (by 03/06/2023). 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 - 50 participants

Why Book with Charity Challenge

- 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

This 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 do not need to be an expert mountain biker or kayaker, just somebody with a sense of adventure.

You can tell your supporters that on your Snowdon Triple 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.

Training

This challenge will have you biking, kayaking and hiking in the incredible Snowdonia National Park, and requires 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 [_](#) notes.

Your training should also include some cycle training, preferably including some hills. The biking section of this challenge takes place on **quiet country roads for the most part** and 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. Kayaking requires good upper body strength, so if possible, doing some exercises or light weights to build your strength would be advantageous.

Group Size

Our minimum group size is 20 and groups are typically made up of between 20-40 people. There will be one challenge leader for approximately every 10-15 participants.

On occasion, we may be able to run a challenge with less than 20 people. This may incur a small group supplement. If this happens, it will be communicated before your invoice or fundraising deadline.

Group Management

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.

How do you manage differing ability levels on each activity?

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We must wait for all participants to finish an activity before moving on to a next one.
 All 3 activities are 'leader led'. We do not route mark either the bike or trek routes and so we ask everyone to stick with the leaders at all times. They are experienced at managing groups on these activities, and they enable us to keep everyone safe and keep the challenge running smoothly.

Weather

As you know, the weather in the UK can be highly unpredictable and erratic. Being prepared is key! We will run UK challenges between March and November, and although the summer months of June-August should be, warmer and sunnier, 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, walking weather and also sudden wind 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.

Challenge Timings

You will be sent precise timings and locations 1 month prior to the start of this challenge.

You should aim to arrive at your challenge accommodation in Llanberis for the early evening. Please note that the evening meal is not included in the challenge. Food is available at the accommodation and we recommend you book this in advance. Alternatively, there are several pubs and restaurants in nearby Llanberis village.

Your day starts with an early breakfast, and time to prepare for the challenge ahead. The challenge begins 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 around the lake. You should expect to complete this challenge by 6pm.

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

N.B. Although this is the planned time for finishing, delays can happen. If you are travelling by public transport then please try to book a flexible ticket in case you finish earlier or later. We highly recommend that you try not to travel until you have given yourself time to recover and rest after the challenge. Please consider staying an extra night in the area.

Getting to and from the Challenge

You will be sent precise locations 1 month prior to the start of this challenge.

The base for your challenge is normally the YHA Llanberis.

Limited car parking is available at no extra cost. We would strongly encourage all participants to car share where possible to limit the disturbance to local residents. The nearest train station is at Bangor and buses and taxis can take you from the train station to Llanberis village.

Accommodation

Accommodation is usually provided at the YHA Llanberis in same-sex dormitories. You can expect typical hostel style accommodation, with shared bathrooms. Bedding is provided for you.

We encourage everyone to see the hostel as part of the challenge!

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. You may also wish to bring your own snacks to help power you through the day.

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

Clothing & Equipment

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

A full kit list for this challenge can be found in your account area, or on the website [here](#). Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Bike section.

You may wish to bring a pair of cycling shorts or trousers to wear for this section. Whilst you are welcome to take your day-sack on the bike with you, we would recommend that you leave it on the support vehicle to make the bike section more comfortable.

Trek Section.

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 emphasise that jeans should not be worn on this challenge.

Kayak Section.

You do not need to have a wetsuit or swimming costume for this section. Most people complete this part of the challenge wearing the same clothes that they used for the bike and trek. However, if you wish to bring separate clothes for this section then you will have the opportunity to change into them before undertaking this section of the challenge. You will need to wear shoes or trainers whilst in the kayaks, so you may wish to consider bringing along a spare pair of old trainers.

Bikes are available to hire for this challenge at a cost of approx. £25, and we will share the details of how to hire these in your Final Details sent out 1 month before your challenge. Bike hire also includes the hire of helmets. You MUST book your bike at least 2 weeks prior to your challenge date to ensure it is available for your challenge.

The hire of kayaks is included in the cost of this challenge. Any safety equipment required for the kayaking will be provided, including life vests.

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.

We can provide bike and helmet hire at a cost of approx. £25, payable when you arrive for the challenge. Details of how to hire these will be sent out in your Final Details sent out 1 months before the challenge. All bike hire bookings must be made 2 weeks prior to 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.

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!

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.

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 few 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 the support vehicle.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge

more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

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

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with the Snowdonia 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.

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Any more questions?

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