



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SNOWDONIA FOR SCIENCE 2023
UK

Sat 17 Jun - Sat 17 Jun 2023





In aid of Prostate Cancer Research

17 Jun - 17 Jun 2023



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 was founded over 15 years ago by Matt Rannamets, who himself had prostate cancer, and has since raised over £1 million for PCR!

- Choice of two unique different trekking routes to the summit of Yr Wyddfa (Snowdon)
- Take on the 17km Classic Snowdon Climb
- Or the 22km Multi-Peak Challenge, an epic route with 5 summits!
- Prostate Cancer Research's flagship event, now entering its 15th year!
- Raise vital funds for Prostate Cancer Research

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 17 Jun

-

Arrival

You will be welcomed at registration by the PCR team, and start meeting other excited walkers and feel that pre-challenge buzz! You will be introduced to 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 give 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** 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 Wyddfa, 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 **Classic Snowdon Climb** route may be slightly shorter, but hiking the highest mountain in England & Wales is still a significant and exciting challenge takes you off the beaten track en route to the famous summit. You will head up the valley, away from Llanberis, before joining up with the Snowdon Ranger path and heading 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.

After-Party & Buffet

Everyone will be welcomed across the finish line with a glass of bubbly on the house and then, 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 get to know other walkers and the PCR team, and to 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 over 15 years ago 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.

Our expert fundraising team here 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!

There are two options to choose from to make this challenge work for you:

Minimum sponsorship option

- Registration fee: £40
- Fundraising target: £350

You will be required to pay the non-refundable registration fee of £40 at the time of booking and raise a minimum amount of sponsorship, (£350) for Prostate Cancer Research.

You should send your sponsorship money to Prostate Cancer Research as you raise it – you will be provided with an online fundraising page and all the resources to do so.

At least 80% of the minimum sponsorship required (£280.00) must be sent to the charity 4 weeks before departure (by 20/05/2023), and the remaining 20% (£70.00) within 4 weeks of completing the challenge (by 15/07/2023).

If you have raised the necessary funds, Prostate Cancer Research will then pay the balance of your expedition costs (which will not exceed 11% 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

- Registration fee: £40
- Contribution to challenge costs: £100
- Fundraising target: £100

You will be required to pay the non-refundable registration fee of £40 at the time of booking, and 3 weeks before departure (27/05/2023) you will be required to pay a second contribution of £100 towards your challenge costs.

You will also need to raise a minimum amount of sponsorship, (£100) for Prostate Cancer Research. You should send your sponsorship money to the charity as you raise it – you will be provided with an online fundraising page and all the resources to do so.

At least 80% of the minimum sponsorship required (£80.00) must be sent to the charity 4 weeks before departure (by

20/05/2023), and the remaining 20% (£20.00) within 4 weeks of completing the challenge (by 15/07/2023). The charity benefits by keeping every penny of your fundraising.

WHAT'S INCLUDED?

- Your place on a full-day exciting trek through Snowdonia National Park, with a choice of two unique trekking routes to the summit of Yr Wyddfa (Snowdon) - the Classic Snowdon Climb and the Multi-Peak Trek
- Qualified and experienced Mountain Leaders
- Full back-up support including first-aid qualified staff, first-aid supplies and emergency management planning
- All the information and support materials you need, including kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and fitness training plan
- Free PCR t-shirt and other charity branded merchandise
- 121 support from PCR's expert fundraising team and access to resources & materials throughout
- Drinking water and some snacks
- A glass of bubbles and medal at the finish line!
- The option to join PCR's exclusive after party at the Royal Victoria Hotel in Llanberis to celebrate your achievements and get to know other trekkers, and the opportunity to win the annual fundraising trophy

WHAT'S NOT INCLUDED?

- Clothing and equipment listed on your Kit List
- Meals
- Any other specific items listed as not included in your Trip Notes
- Tickets for the after-party and buffet at the Royal Victoria will be on sale closer to the time, at a heavily discounted price of £20.

TYPICAL GROUP SIZE

The typical challenge size is 75 - 300 participants. There will be approximately 1 leader to every 12 participants.

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
- 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.
- Off-the-beaten-track routes to the summit of this famous mountain.

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.

Level of difficulty

The Snowdonia for Science challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind.

- 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:

- 22km 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.

Registration

We will provide more detailed information closer to event day, but you will need to arrive at the registration point by 7:30am for a safety briefing and an 8am start. Registration will take place in the car park at the Royal Victoria Hotel in Llanberis. Come find us at the registration marquee, generously provided by Summit Junkie. Summit Junkie is pleased to have supported the event for over 10 years.

<https://summitjunkie.com/>

Training

This challenge is a great adventure that will have you trekking up and down the highest mountain in England and Wales, therefore requiring a good level of fitness. The ideal training for this challenge is, naturally, hill walking. However, 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 at least 1 month prior to the challenge and gradually build up as suggested.

There is no substitute for walking in the hills so try if possible to get out on a weekend. You should train with your boots and daysack that you will be using on the challenge. The more you exercise before the trek, the more you will get out of it.

We will provide lots of support on training in the run up to the challenge!

Group Size

The typical challenge size is 75 - 300 participants. There will be approximately 1 leader to every 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! We run UK challenges between April and October, and although June 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 up to ensure that you bring clothing suitable for all weather, including warm and sunny temperatures as well as wind and downpours.

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.

Prostate Cancer Research has reserved a limited number of rooms at the Royal Victoria, and the discount code for these will be shared with participants on a first-come-first-served basis, after registration onto the challenge is complete.

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 challenge takes place in a remote environment, away from roads and immediate access to vehicle evacuation. It is therefore extremely important that you come prepared with the correct kit for this challenge. This includes:

- A waterproof jacket which is able to keep you dry when subjected to rain for several hours at a time
- Waterproof trousers - legs get just as wet as tops.
- Footwear should also be waterproof and most importantly should have good grip. Sports trainers are not appropriate for the terrain of this challenge.
- Warm layers, including a hat and gloves.
- Full kit list is provided!

Once you book you will have access to kit discounts with our partner Cotswold Outdoor. Please be aware that because of the environment on the mountain, our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list may not be allowed to take part in the challenge.

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!

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

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 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.

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.

CH>RITY CH>LLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

www.charitychallenge.com

facebook.com/charitychallenge

twitter.com/charitychall

