WE ARE MACMILLAN. CANCER SUPPORT

TRIP NOTES

# BELIEVE ACHIEVE INSPIRE

## DEFEAT THE PEAK: SNOWDON (YR WYDDFA) CHALLENGE UK

Sat 13 Sep - Sat 13 Sep 2025

## In aid of Macmillan Cancer Support

*13 Sep - 13 Sep 2025*

MACMILLAN CANCER SUPPORT

**1 DAYS | UK | CHALLENGING**

This exciting challenge will require you to trek to the summit of Snowdon (Yr Wyddfa) in the Snowdonia National Park in Wales. The Snowdonia National Park is home to some of the most rugged and challenging peaks in Britain giving its reputation as one of the best natural adventure play grounds in the U.K.

- A one day challenge in the rugged Welsh landscape
- Summit the highest peak in Wales, the famous Snowdon at 1,085m
- Beautiful views and landscapes of the heart of Snowdonia
- Raise money for Macmillan Cancer Support and make a difference

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Sat 13 Sep*

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**The Challenge!**

You will meet your leader team in the town of Llanberis for registration and the all important safety briefing. Our route takes us up and down the Llanberis path, a distance of 15km and with almost 1,000m of ascent to reach the summit. You will be supported every step of the way by our fully qualified mountain leaders. Reaching the summit is sure to be a special moment, and hopefully the weather will provide us with spectacular views of the surrounding landscape.

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## In Summary

### Self funder

Pay a non-refundable registration fee of **£45.00** when you book.

Then a balance of **£120.00**
(5 weeks before your challenge).

Raise as much as you can for Macmillan Cancer Support.

### Minimum sponsorship

Pay a non-refundable registration fee of **£45.00** when you book.

Raise a minimum of **£300.00** for Macmillan Cancer Support.

## In Detail

### Self funder option

The full cost of this challenge is **£165.00**. You will be required to pay the non-refundable registration fee of **£45.00** at the time of booking, and 5 weeks before departure (09/08/2025) you will be required to pay the final balance of your challenge costs (**£120.00**). You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for Macmillan Cancer Support. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by Macmillan Cancer Support.

### Minimum sponsorship option

You will be required to pay the non-refundable registration fee of **£45.00** at the time of booking and to pledge to raise a minimum amount of sponsorship, **£300.00** for Macmillan Cancer Support. You should send your sponsorship money to Macmillan Cancer Support as you raise it. At least 80% of the minimum sponsorship required (£240.00) must be sent to the charity 8 weeks before departure (by 19/07/2025), and the remaining 20% (£60.00) within 4 weeks of completing the challenge (by 11/10/2025). If you have raised the necessary funds, Macmillan Cancer Support 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.

### What's included?

**Before you go**

- 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)
- Fundraising advice
- Fitness training notes
- Risk assessment and emergency management planning

**On your challenge**

- All challenge management before, during and post event

- Full back-up support including first-aid qualified staff and first-aid supplies
- A Macmillan branded medal and snood
- A packed Lunch

### What's not included?

**Before you go**

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

**On your challenge**

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

## 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 8 weeks before departure (by 19/07/2025), and the remaining 20% within 4 weeks of completing the challenge (by 11/10/2025). 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 100 - 400 participants

### Level of Difficulty

The Snowdon Challenge is graded as challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and who wish to push themselves in one of the UK's most iconic landscapes. You can tell your supporters that on your Snowdon Challenge you will be:

- Trekking for around 7-8 hours in a single day.
- Covering 15km of mountainous terrain.
- Trekking without support, carrying all your food and water for the entire day.
- Ascend 1000m in a single day.
- Summiting one of the UK's highest mountains, and the highest peak in Wales!

### Training

This challenge is a great adventure that will have you trekking up and down the highest mountain in Wales over one day, therefore requiring a moderate to 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 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.

### Group size

This challenge will have a minimum group size of 100 people.

The aim of this challenge is to support each other to reach the summit, and descend. This challenge will not be run as a race and it is unsuitable to anyone wishing to see this as an individual challenge against the clock.

During the course of the trek it is very likely that you will split into smaller groups, but at all times you will be accompanied by one of our qualified mountain leaders.

### Leadership

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.

### 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 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 up to ensure that you bring clothing suitable for all weathers, including warm and sunny temperatures as well as wind and sudden downpours.

It is important to remember that the weather on the mountain is likely to be evry different to that down at the bottom. Therefore please alwasy ensure that you carry all of the kit listed as essential on your kit list.

### Terrain

This challenge takes place on a well maintained footpath. However, the path is rocky in places and can be slippy if wet. Certain sections of the path are steeper than others but there are no sections that require you to use your hands to scramble.

### Challenge Timings

**Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.**

Your challenge begins early in the morning to meet your leader team and have a safety briefing.

The challenge itself commences at approximately 9am. Walking times on the mountain can vary enormously, but you should expect it to take approximately 7-8 hours. You will finish back where you started in Llanberis at approximately 5pm.

If you are travelling by public transport then please try to book a flexible ticket in case you finish earlier or later.

**Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.**

### Getting there

**Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.**

The challenge will start close to the village of Llanberis.

### Food and Drink

The following meals are included in the cost of this challenge:

- A packed lunch to take with you on the trek

We advise you to bring enough bottles to ensure you have 2 litres of water on you at all times. We would encourage you to also bring some of your own preferred snacks to keep you going during the challenge.

Please ensure you have had a substantial breakfast before arriving and that you arrive with your water bottles already filled.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an epipen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure appropriate meals are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

### Clothing and Equipment

Good quality and durable equipment could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, 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. 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. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Snow + Rock, Water to Go, Sporttape and Nomad & MASTA.

### Toilets

There will be toilet facilities at the start of the trek and at certain locations along the way. However, these toilets are frequently closed or unavailable so please be prepared to have to use more natural facilites.

### Money

During the trek there are 2 points on the route where you are able to buy snacks and drinks. You therefore may like to bring some money to use at these opportunities.

### 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.

- 7-8 hours is a long time to be out on the hills. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

### 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.

### 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, high altitude 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-exiting 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 with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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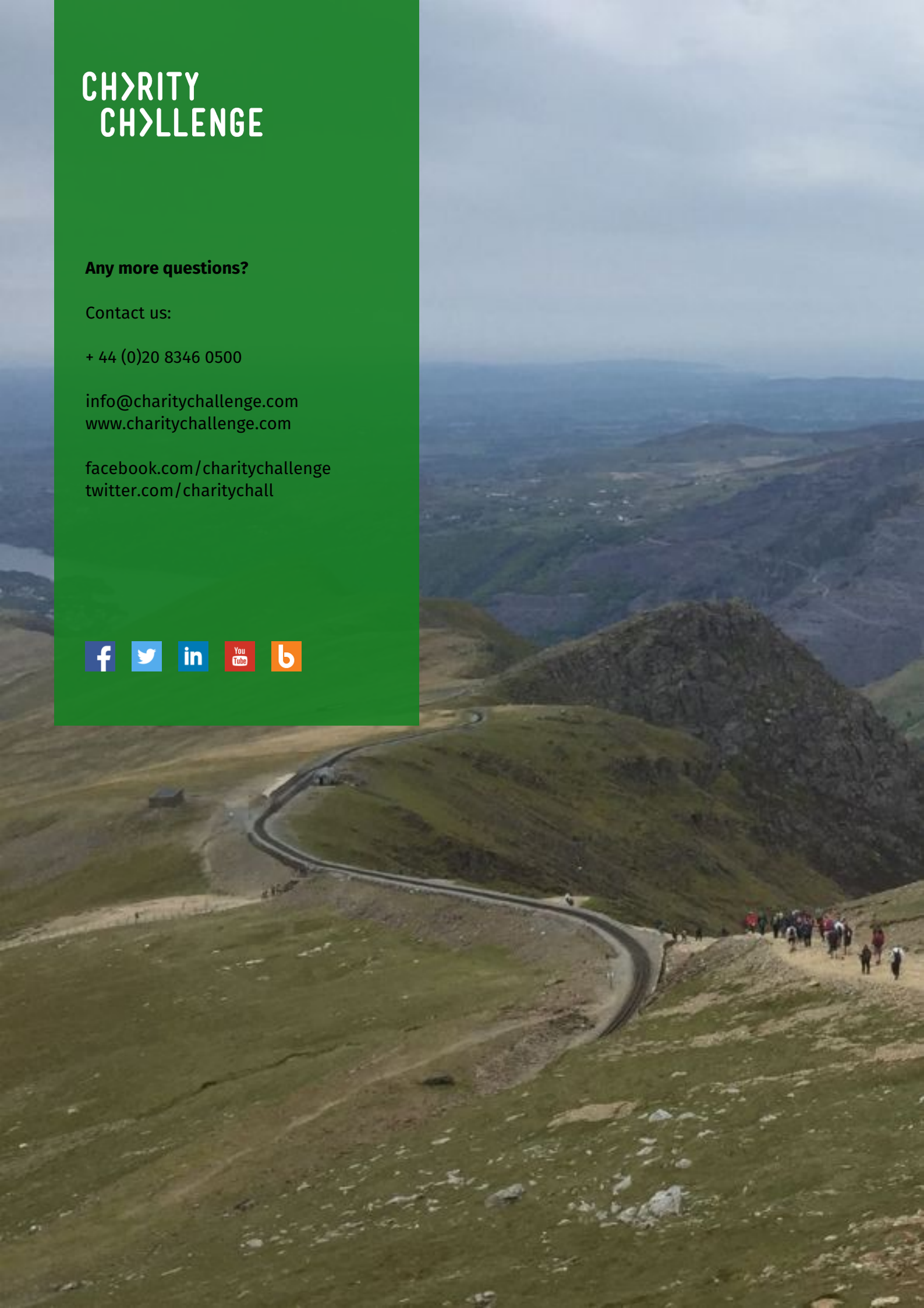
**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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