



SNOWDON BY NIGHT CHALLENGE

Trek the highest mountain in England and Wales, throughout the night! Trekking Snowdon (1,085m) during the day time forms a great challenge, but by using torches to light our way and having the moon as our back drop, summiting at night brings another sense of achievement to an already recognised trek. Seeing the sunrise across Snowdonia National Park will be a memory never forgotten! Upon our descent we will witness the breath-taking mountain range open up to give glorious views and afterwards we tuck into a delicious celebration breakfast!

Day 1: Arrive late afternoon in time for an introduction and briefing about the weekend's events and prepare ourselves for the challenge ahead. Everyone is welcome to join us for dinner, before we then head to bed to rest up for the 'real' challenge ahead.

Day 2: Register ourselves onto the challenge from 2am and have some 'breakfast' before switching on our head torches and setting foot along the trail at 3am. We will either climb via the Llanberis path or PYG Track, the route will be weather dependant. After a tough climb by moonlight, we reach the summit of Snowdon and take in the fantastic scenery as the sun rises. We take some group photos to celebrate our success at the summit, and then head back down to Llanberis for some well-earned celebration brunch. *Approx 7-8 walking.*

INCLUDED IN THE PRICE OF THE TRIP

Qualified UK Mountain Leaders.
Hot Drinks and snacks on Snowdon Summit
Support vehicle & driver.

NOT INCLUDED IN THE PRICE OF THE TRIP

All drinks and personal expenses.
Evening meal on night of arrival.
Bunch on completion of challenge.

Event Registration;

Pen Y Pass Car Park, A4086, Caernarfon LL55 4NY

WEATHER & SAFETY

The weather in the Snowdonia National Park can change very quickly, what can start out as a good day can soon become very poor. It is very important to be well equipped and prepared for all conditions. Our route will be ascending and descending a great deal and a good level of fitness is required.

The Leader reserves the right to change the itinerary at any time should the conditions require it. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

HEALTH

All our guides are first aid trained and carry fully equipped medical kits for serious medical emergencies.

How to Register

The easiest way to register your challenge is online via the Adventurous Ewe website at www.adventurousewe.co.uk.

You will need to pay a non-refundable fee of £65.00 at the time of booking. It is possible to reserve a place on this challenge by email to info@adventurousewe.co.uk, however you will need to pay your registration fee of £65.00 to confirm your place on this cycling challenge together with completing a booking form.

The full balance is required to be paid no less than 4 weeks prior to departure.

Snowdon by Night Trek

Q&A

What are the group sizes?

Our maximum size group is 12 per Mountain Leader with a minimum of 6.

Who will be leading the group?

We employ experienced and fully qualified Mountain Leaders to accompany and lead you. They are Mountain First aid trained and have extensive experience in leading in the mountains and the three peaks challenge. They will be ultimately responsible for your safety on the mountain and the rest of the group. They will be carrying full safety equipment and mountain first aid kits with them.

How fit do I need to be?

Training and a good level of walking fitness is required. This is a tough challenge and physically and mentally draining, sleep deprivation plays a part here, affecting some people more than others. As much preparation and training you put in beforehand the better chance of success you have.

Trekking fitness is specific to trekking but a general overall fitness is a good start. The ideal training for mountain walking is getting out there and actually walking in the hills. However, if you do not have the luxury of living in the hills or time to go out, then the stairs at home (or an office block of flats with lots of stairs) are a great place to start training. Remember to use the walking boots that you will be walking in after the first month of training to get them worn in.

What type of footwear should I be wearing?

The choice of walking footwear is incredibly important and should not be decided on price alone. The terrain is uneven and can be very rough so it is vital that you use a pair of strong canvas or leather boots with good ankle support, not trekking trainers. Not only the boots but the socks that you wear are also very important and it is worth investing in some good pairs of socks. Avoid cotton, trekking or good quality sports socks are advised as are a thin wicking sock to wear underneath if your prone to blisters, these are designed to draw the moisture away from your feet. Wearing your boots and socks during your training period on and off the hills will inform you of whether they are suitable for the challenge. Please note if you arrive wearing trainers for the challenge you will not be allowed to take part in the trek.

What happens if I fall ill, can't keep up or there is an emergency?

The Mountain leaders well trained and experienced and managing situations on the hill should they need to get outside assistance for example 'mountain rescue' they all carry mobile phones and also radios for communication with the minibus drivers. The Mountain Leader will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge. However, if your struggling you must be honest with yourself and the leader remember the top of the mountain is only halfway!

How many breaks will be taken during the trek and for how long?

The timing of breaks is quite liberal and there will be scheduled breaks for 5 minutes, the exact times and places of your breaks will very much depend on the weather and the well-being of your group. When ascending and descending in order to maintain a healthy and steady pace.

General Wellbeing

Here are a few tips to remember while trekking.

- Hydration is important. Drink plenty of water
- Eat plenty to keep energy
- Trekking poles are a great way to support the knees and provide stability.
- Honesty, if you feeling unwell at any point please let someone know, we want to make sure everyone remains fit and healthy whilst trekking.

What is the weather likely to be like?

The mountain weather in the U.K. can be very changeable, it can be Glorious sunshine down at the base but be wet and windy on the summit. It is not uncommon for it to change from clear blues skies to rain and fog in moments. It is important to follow the advice we give and carry the correct kit (please see kit list)

What do you do to protect the environment?

We limit the impact we have on the surrounding environment and stick to paths so as not to cause further erosion on the mountain. We will ensure that all rubbish is disposed of responsibly and take all rubbish away with us.

Snowdon by Night

KIT LIST

CLOTHING

In preparation for your Snowdon by Night challenge you are on please read the basic equipment you need to bring. Please ensure to bring all the necessary equipment.

Note this is a night challenge, it is essential that you try and bring adequate food and energy drinks/gels etc with you, the café on the summit of Snowdon will be closed. We will supply a light breakfast of porridge/cereal and hot drinks before the challenge.

Get The Right Equipment: Our seasons now are only determined by the temperature of the rain! You need clothing and equipment for all weathers. It is very possible to encounter sub-zero temperatures and near arctic conditions, heavy rain and high winds during the night. Walking boots are essential - don't even think about training shoes. You should always have a minimum of one whistle within your team, some extra food, and a head torch with spare batteries in your rucksack. Personal first aid kit.

- **BASE LAYER** – 1 pair preferably a synthetic or merino wool wicking layer with a long sleeved top and long-johns.
- **FLEECE JACKET OR WIND STOPPER** - A full zip version is easier to put on and has better ventilation than a pull over style.
- **TROUSERS** – Fleece or synthetic / nylon or polyester trekking trousers. Avoid cotton trousers as they absorb & hold moisture easily and thereby have a cooling effect.
- **WATERPROOFS** - Breathable waterproof jacket that has a good hood. Waterproof trousers can be of lighter weight than the top – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots.
- **HEADWEAR** - Warm woolly hat plus a cap/sunhat.
- **GLOVES** - A pair of thin liners you can keep on the whole time if you need to. On top of this a pair of Wind Stopper gloves. Alternatively gloves that have a removable fleece liner. Mitts are also good.
- **SOCKS** – Synthetic trekking socks over the liner socks.
- **FOOTWEAR** – Trekking boots with sufficient ankle support for rocky terrain. Avoid tight fitting boots and ensure your boots are well worn in prior to departure.
- **BUFF**- Extra warm around your neck and head. (optional)

GENERAL EQUIPMENT

- **RUCKSACK** - 15 - 25 litre rucksack should be sufficient for you to carry your own spare warm
- **WATER BOTTLE** - We suggest a 2 litre capacity. Platypus / CamelBack, plus a hot flask with is always a nice treat.
- **HEAD TORCH & SPARE BATTERIES** – essential.
- **TREKKING POLES** – Helpful for balance, carrying a heavy bag or have knee problems.
- **CAMERA** – We recommend small digital cameras however the scenery is spectacular so if you use a SLR style camera and you are happy to carry this, then Patagonia is a photographer's dream location.
- **GO-PRO** – If you have a Go-Pro or similar, again this is a film-makers dream location, so feel free to bring this along as well.

MISCELLANEOUS KIT

- **TOILETRIES** - Including wet-wipes & hand gel. Hand gel must be used diligently at all times to help avoid any sickness being shared within the group.
- **NAPPY SACS** - For waste and rubbish. We pride ourselves in leaving no trace while travelling, so please ensure you carry all your rubbish with you including toilet tissues and dispose of it appropriately where rubbish bins are provided.
- **PERSONAL FIRST AID** - Please bring any personal medication plus paracetamol, brufen. Also bring some plasters/Compeed etc for your feet to help prevent blisters.
- **Contact lenses / glasses** - contact lens wearers should consider bringing glasses, as the dry air and dust plus the difficulty with cleaning, can cause problems with using contact lenses.

NICE TO HAVE

- Favourite snacks, both sweet and savoury
- Something to flavour your drinking water ie. Robinson's squash (mini 66ml size), Zero tablets etc.

KIT HIRE AND PURCHASING

If you don't wish to go to the expense of buying new kit, especially a suitable sleeping bag, we recommend Expedition Kit Hire www.expeditionkithire.co.uk for all your kit hire requirements. Make sure you mention that you're trekking with Adventurous Ewe to gain a discount.

If you're happy to purchase kit, Adventurous Ewe have a 15% discount code for the Cotswolds Outdoor Shop. There are stores located throughout the UK plus this code may be used online at www.cotswoldoutdoor.com/.



15% Discount Voucher with Cotswold Outdoor



Lowepro Alpine
Alpine Pro 3545 Sticks



Mountain Equipment
Wet & Dry Kit Bag 70L



For more information or to book, please contact Adventurous Ewe

w. adventurousewe.co.uk

e. info@adventurousewe.co.uk

t. 01492 588069

