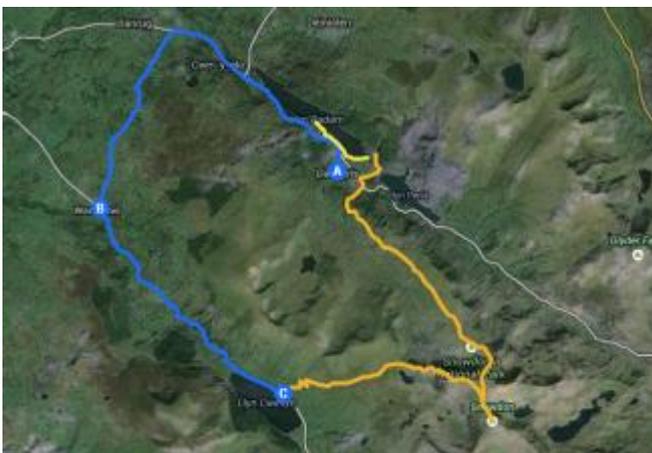




## Snowdon Challenge

**This exciting challenge will have you cycling 17km, trekking 15km and kayaking 4km in a mere 12 hour day.**

**Snowdonia National Park is home to some of the most rugged and challenging mountains in Britain giving its reputation as one of the best natural adventure play grounds in the U.K. This is a challenging trek both mentally and physically with a long and gruelling day, testing your entire muscle range. You will enjoy stunning views of the National Park, and a fantastic sense of achievement when you complete the trek.**



### Day 1:

Arrive early evening in Llanberis in the heart of Snowdonia. Arrive early evening in Llanberis the heart Snowdonia where you will overnight after receiving a full event briefing and the chance to meet your team of leaders and support crew. Pick up from Bangor train station on request.

### Day 2:

We wake up early for breakfast before a final briefing and the start of our challenge, with Snowdon behind us we begin by cycling along quiet and undulating country roads following the shores of Llyn Padarn passing through the slate quarries of Snowdonia National Park, after 17km we arrive at Llyn Cwellyn our first check point of the day. From here we swap our bikes for boots and begin the ascent of Snowdon via the Snowdon Ranger Path which is thought to be the earliest of the six main routes to the summit. The climb to the summit is 7km and takes approximately 3hrs. Once on the summit of Snowdon we can hopefully enjoy the stunning views across Snowdon and our challenge route. We descend Snowdon via the Llanberis path which is the longest but most gradual path on Snowdon 8km approx. 3hrs.

We arrive back in Llanberis for the final leg of the challenge canoeing 4km along Llyn Padarn finally finishing at the lagoons, you will be greeted at the finish line with a well deserved celebratory glass of bubbly. Approx. total time 8-10hrs



## Trek

The trekking section of the challenge will take place on Snowdon it's a steady climb to the summit taking around 3 hours, followed by the descent taking around 2.5 hours to Llanberis. The trek will be led by qualified local Mountain Leaders.

## Bike

We use mountain or Hybrid style bikes for the cycling section of the challenge, you are also welcome to bring your own bike, please notify us in advance if you require a bike.

## Canoe/Kayak

We use tandem Sit on Top style kayaks, they are very stable and easy to paddle no previous experience is required. You will also be provided with a bouncy aid.



## Weather and Safety

The weather in Wales 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 weather conditions. The Leaders 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.



## What is included in the cost of the challenge ?

Organisation of event  
Qualified Cycling and Mountain Leaders  
First aid trained leaders and crew  
Support vehicle & driver  
Bike and Canoe Hire  
VHF Radio Backup  
1 night's accommodation including breakfast.  
Twin Rooms sharing. Single Supplement £25pp  
1 packed lunch  
Training program  
15% Discount Voucher for Cotswold Outdoor  
Adventurous Ewe Mug



## Accommodation

On arrival in Llanberis we will be staying in a 3\* Hotel accommodation, with Twin en-suite rooms.

## HOW TO BOOK YOUR CHALLENGE

The easiest way to book your challenge is online via the Adventurous Ewe website at [www.adventurousewe.co.uk](http://www.adventurousewe.co.uk). You will need to pay a non-refundable registration fee of £75.00 at the time of booking.

It is possible to reserve a place on this challenge by email to [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk), however you will need to pay your deposit of £75.00 to confirm your place on this trek together with completing a booking form. The full balance is required to be paid no less than 4 weeks prior to departure.

## TOTAL COST

**REGISTRATION FEE: £ 75.00 PER PERSON**  
**FINAL BALANCE: £ 105.00 PER PERSON**

**If you have any further questions, please get in touch with us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588069.**

Challenge yourself and explore some of the most impressive mountain landscapes the U.K. has to offer.



## Snowdon Challenge Q&A's

---

### **What are the group sizes?**

Our maximum size group is 40 with a minimum of 8 people per group.

### **Who will be leading the group?**

We employ experienced and fully qualified Mountain and Cycle Leaders to accompany and lead you. They are First Aid trained and have extensive experience in leading in the mountains. They will be ultimately responsible for your safety during the challenge. 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 fitness is definitely required. As much preparation and training you put in beforehand the better chance of success you have.

A general overall fitness is a good start. The ideal training for the Snowdon Challenge is getting out there and actually training on your bike or in the hills walking. 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. If you have never cycled before, this ride is still achievable with the correct ride preparation. Start at least 3 months ahead of the ride with some short distances at weekends and whenever you can during the week. 5-10miles is not a great distance and will help your bottom and legs get used to it all.

### **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, for your challenge. 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 that do not blister. 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. Trainers are ideal for cycling.

### **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!

The timing of breaks is quite liberal and there will be scheduled breaks for 5minutes, 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.

### **What food and drinks are included?**

At lunch time you will stop and have a light yet energy filled picnic. Breakfast will be at the hotel. Water and snacks will be provided throughout. Please let us know prior to departure if you have any specific dietary requirements or allergies.

### **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 by remaining on the paths at all times 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.

### **Testimonials**

*Thank you for a great experience, we are all extremely proud of ourselves and couldn't have done it without you! We have smashed our target and we are looking to do more charity events towards the end of the year to continue with our success.*

**Gemma Dakin September 2016**

*'The Snowdon Challenge was an unforgettable experience!*

*Everybody absolutely loved it and is still on a high, we have the feeling we can take on the world. Thank you so much for all you have done, your guidance and support were outstanding.*

**Susan Hall June 2015**





## Snowdon Challenge Kit List

---

### Clothing

In preparation for the Snowdon challenge you are on please read the basic equipment you need to bring. Get The Right Equipment: Our seasons now are only determined by the temperature of the rain! You need clothing and equipment for all weathers.

### Equipment list

- **Rucksack** - 15 - 25 litre rucksack should be sufficient for you to carry your own spare clothing, water, camera, and all your personal kit including, snacks and water. Preferably your rucksack should have with waist belt to help distribute the weight and a whistle for safety provisions.
- **Fleece Jacket or Wind Stopper** - A full zip version is easier to put on and has better ventilation than a pull over style.
- **Water Bottle** - 2 litres of water in bladder or bottles.
- **Waterproofs** - Waterproof top and bottoms - - Breathable waterproof jacket that has a good hood. Waterproof trousers can be of lighter weight than the top.
- **Hat and gloves** - A pair of thin liner gloves you can keep on the whole time if you need to.
- **Phones cameras** in waterproof dry bag or equivalent
- **Snacks/energy food** - for your entire challenge. You will have the opportunity to buy food and snacks at Fort William before starting Ben Nevis.
- **Head torch** - with spare batteries you will be walking in the dark at some point
- **Walking poles** - if you use to them are good for descents and preventing injuries when your ankles get weak towards the end of your challenge.
- **Socks** - Change of socks (1 pair)
- **Base layer** - Preferably Merino wool or synthetic wicking layer with a long sleeved top and long-johns.
- **Trousers** - 1 pairs of synthetic / nylon or polyester trekking trousers. Zip off trousers may be handy for hot days. Avoid cotton trousers as they absorb & hold moisture easily and thereby have a cooling effect.
- **Boots** - Well broken in boots/walking shoes, suggest boots in preference over shoes/fell trainers as with tiredness comes weak ankles.

### CYCLING EQUIPMENT

- **Cycling Shoes/Trainers**
- **Padded cycling shorts (optinal)**

### 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 kit** - Please bring any personal medication plus paracetamol, brufen. Also bring some plasters/Compeed etc for your feet to help prevent blisters, antiseptic cream/ointment/wipes, rehydration salts (ie. dioralyte), anti-histamines.

## Fuelling your body

For many of us these are unusual challenges for our bodies to undertake and as such we are not used to such sustained exercise over such a long time. The following is a guide of what your leader will be consuming over the duration of the trip if you are not, then you are likely to be not taking on enough food=energy and fluids=hydration. Cramping is a sign of dehydration and lack of salts.

- Large meals day before your challenge and well hydrated.
- Morning of challenge yes a large breakfast don't be shy get it down you as your only walking not running.
- Every 45-50minutes after start 1 energy gel or bar etc. If you start to feel dizzy/weak this is a sign you're not eating enough. Try eating regularly gels and carbohydrate drinks are easily consumed whilst walking pasties are not. However, eat what you enjoy eating as otherwise you will not eat enough of it.
- Drinking constantly depending on your work rate and temperature. If you're not needing the toilet whilst on your walk or cycle then you're not drinking enough.
- After your cycle, a protein shake or high protein sandwich/meal, eat as much as you like you'll need it for Ben Nevis.
- This challenge is achievable by you all with some training and by following the guidance above. We will get you there and can't wait to see you all soon.

### Tips:

- We recommend either arriving in Llanberis no later than 19.30
- Finish time in Snowdonia is normally 17.00 – 19.00 depending on the group and fitness levels.

## 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](http://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/](http://www.cotswoldoutdoor.com/).



15% Discount Voucher with Cotswold Outdoor



For more information or to book, please contact Adventurous Ewe

w. [adventurousewe.co.uk](http://adventurousewe.co.uk)

e. [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk)

t. 01492 588069

