



Sea to Summit Challenge (Snowdon)

Join us on this classic **Sea 2 Summit Challenge** covering over 40km on bike through the stunning Snowdonia National Park, one of the most famous mountain landscapes in the UK. After reaching the base of Snowdon, you'll then lace up your hiking boots to summit the highest mountain in England and Wales standing at 1,085 metres. This is a fantastic challenge starting at the famous Conwy Castle on the coast and finishing at the summit of Snowdon and experiencing the best of the Snowdonia mountainous landscape.

Day 1:

Arrive early evening in the medieval and walled market town of Conwy where you will overnight after receiving a full event briefing and the chance to meet your team of leaders and support crew. A pick-up service is available from Llandudno Junction train station on request.

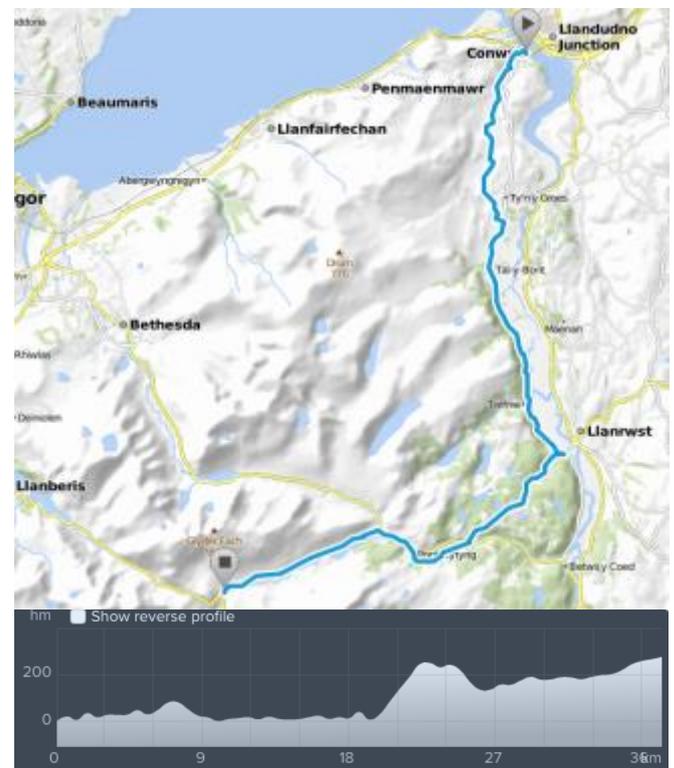


Day 2: Conwy – Snowdon

Your challenge begins today at the impressively preserved 13th-century estuary fortress of Conwy Castle which is amongst the finest surviving medieval fortifications in Britain. Cycling in teams with your very own dedicated and qualified Cycling Leader, you will leave the coast and pedal alongside the tidal Conwy River heading into the heart of Snowdonia. Cycling along quiet and undulating country roads you will experience the amazing scenery of the Welsh countryside leading you all the way to the foot of Snowdon.

On arrival at the base of Snowdon you will have the chance to enjoy a packed lunch with the back drop of

the National Park. From here you will swap your bike for your hiking boots to start the ascent of Snowdon.



Snowdon approx. 5-6hrs.

Your trek begins on the main path to Pen Y Pass, where you will then join the Miners Track. The Miners Path was built to carry copper, where the ruins of the old copper mine can be seen as you climb gradually climbing gradually pass Llyn Teyrn to Llyn Llydaw. The path then zigzags up to Bwlch Glas giving some iconic views of Snowdon before reaching the summit.

The trek to the summit will take approximately 3 hours and involves 820 metres of ascent. On summiting you will have the chance to enjoy the breath taking views of Snowdonia National Park and the North Wales Coastline. You will then descend via the Pyg Track which will take approximately 2.5 hours. You will be greeted at the finish line with a well-deserved celebratory glass of bubbly. On completion of your challenge you will be transferred back to Conwy.



Bikes

We strongly recommend that you ride a road or hybrid bike, rather than a mountain bike, for this challenge due to the distance involved plus the route is along on well-surfaced roads.

It's important that you ride the bike you have been training on so you are used to it. Although training in the gym is useful, there is no substitute for getting out in all weather conditions and getting to know your bike including the range of your gears. Bikes can be hired for a cost £35.00 which includes a helmet.

Bike Repairs

Our support vehicles will carry a range of spares along with a full tool kit. However, it is impossible for us to carry spares for every eventuality so it is vital that you check your own bike is in good working order before departure. It is a condition of travel that you supply your own helmet and wear it at all times while cycling, with the straps done up!

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 Pen Y Pass. The trek will be led by qualified local Mountain Leaders.

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
- VHF Radio Backup
- 1 night's accommodation including breakfast
- 1 packed lunch
- Training program
- 15% Discount Voucher for Cotswold Outdoor
- Adventurous Ewe Mug

What is not included?

Bike hire which can be organised at £35 per bike. Please let us know if you require bike hire at the time of registration.



Accommodation

On arrival in Conwy we will be staying in hostel style accommodation. We can offer up grades on request, subject to availability at an additional cost.

HOW TO BOOK YOUR CHALLENGE

The easiest way to book your challenge is online via the Adventurous Ewe website at 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, 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: £ 110.00 PER PERSON

If you have any further questions, please get in touch with us at info@adventurousewe.co.uk or call 01492 588069.

This is an exhilarating Challenge experiencing some of the most impressive mountainous landscapes the U.K. has to offer.



Sea to Summit Challenge Q&A

What are the group sizes?

Our maximum size group is 40 with a minimum of 10 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. This is a tough challenge! 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 Sea 2 Summit 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. 5-10 miles is not a great distance and will help your bottom and legs get used to it all. By 3 months prior to departure, you should be able to take on some long rides, up to 30-40 miles in a day, and if you live in a flat area it is well worth getting out and finding some hills. If you cannot maintain a steady average speed of 9 miles per hour you are unlikely to be able to complete the cycling.

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 about other equipment/clothing?

You will need to bring your own helmet so that the fit will be perfect. You will not be allowed to ride unless you wear a helmet. We recommend you bring your own gloves too. They are an essential piece of kit that will relieve strain and abrasions in the event of a fall. You must also bring your own padded cycle shorts and stiff soled sports shoes are recommended if you are not wearing SPDs. Please refer to the kit list for more details.

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.

What food and drinks are included?

At lunch time you will stop and have a light yet energy filled picnic. Dinner and breakfast will be either at the hostel. 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 blue 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

'I Completed the Sea 2 Summit with Adventure Ewe's this weekend - it would not have been possible with AE! Their organisation was great, they are very experienced. Would highly recommend them.

Furquan Ismail May 2016

'The Sea to Summit 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





Sea to Summit Kit List

Clothing

In preparation for the Sea to Summit 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. It is very possible to encounter sub-zero temperatures and near arctic conditions on Ben Nevis, heavy rain and high winds or hot and dry conditions on the bike. Walking boots are essential for Ben Nevis.

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.
- **Kit bag** – preferably a soft duffle bag for clean clothes.
- **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.
- **Headtorch**
- **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. Also walking in dark doesn't afford good foot placement.
- **Ear Plugs (optional)**

CYCLING EQUIPMENT

- **Bike**
- **Cycling Shoes/Trainers**
- **Padded cycling shorts**
- **Cycling Helmets**
- **Bike Lights**

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.
- **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.

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 Conwy on the Friday night arriving no later than 19.00
- 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 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



For more information or to book, please contact Adventurous Ewe
w. adventurousewe.co.uk
e. info@adventurousewe.co.uk
t. 01492 588069

