

RETHINK MENTAL ILLNESS SNOWDON (ERYRI) TRIPLE CHALLENGE



Highlights

- Snowdon Challenge – Bike it. Hike it. Paddle it.
- Welcome to Rethink's Snowdon Triple Challenge
- **Adventurous Ewe** are your local hosts for this epic adventures in the heart of Snowdon
- Your trip will see you pedal along country lanes through picturesque valleys and farmlands
- Conquer the summit of Snowdon, the highest peak in England & Wales, by ascending the quieter route of the Snowdon Ranger Path
- Paddle Llyn Padarn, an impressive glacially formed lake nestled amidst some of Snowdonia's most spectacular scenery
- Bike & kayak hire included
- You'll tackle this epic landscape all in support of Rethink Mental Illness
- You've pledged to fundraise £360pp to help provide a better life for people with mental illness.



WELCOME

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Overview

Experience the rugged landscape of Snowdonia with this one day action packed challenge of cycling, trekking and kayaking.

The Snowdon Challenge was created by Adventurous Ewe and is proudly our flagship event right here in our own backyard. Chief Ewe, Jim Young, created this trip in order to showcase both the well known and hidden pockets of this stunning area, plus give you the chance to experience a variety of fun activities along the way.

In teams of up to 12 people, you'll complete each leg of the Snowdon challenge. There will be a checkpoint in between where you will have access to your small kit bag in order to change your clothing and shoes. These checkpoints will also provide you with snacks to refuel, a home-made packed lunch of local produce and you'll have the chance to refill your water bottles and flasks.

You don't have to be a pro at cycling or kayaking, just have an adventurous spirit which will see you conquer this diverse route in the epic Snowdonia landscape.

All equipment hire is included - bikes, helmets, double sit-on-top kayaks, buoyancy aids & paddles.

It's a perfect weekend away in the heart of one of the UK's greatest adventure playgrounds.

If you have any questions, please get in touch with us at info@adventurousewe.co.uk or call 01492 588 069.

There's a warm Welsh welcome waiting for you in our homeland of Snowdonia.





TRIP SUMMARY



Activity: Hike, bike & kayak
Duration: 1 night & 1 day
Active days: 1 day
Distance: Approx. 22.5 miles to a height of 1085m
Accommodation: Hotel (twin share basis)
Fundraising pledge: £400 per person sent to Rethink Mental Illness
Deposit: £55 per person non-refundable

Group size: Min. 10 people | Max. 50 people
Event grading: ■ ■ ■ ■ ■
Challenging to Tough
Dates: **Friday:** Pre event accom & briefing
Saturday: Event day
Weather: <https://www.mwis.org.uk/>

ROUTE MAP

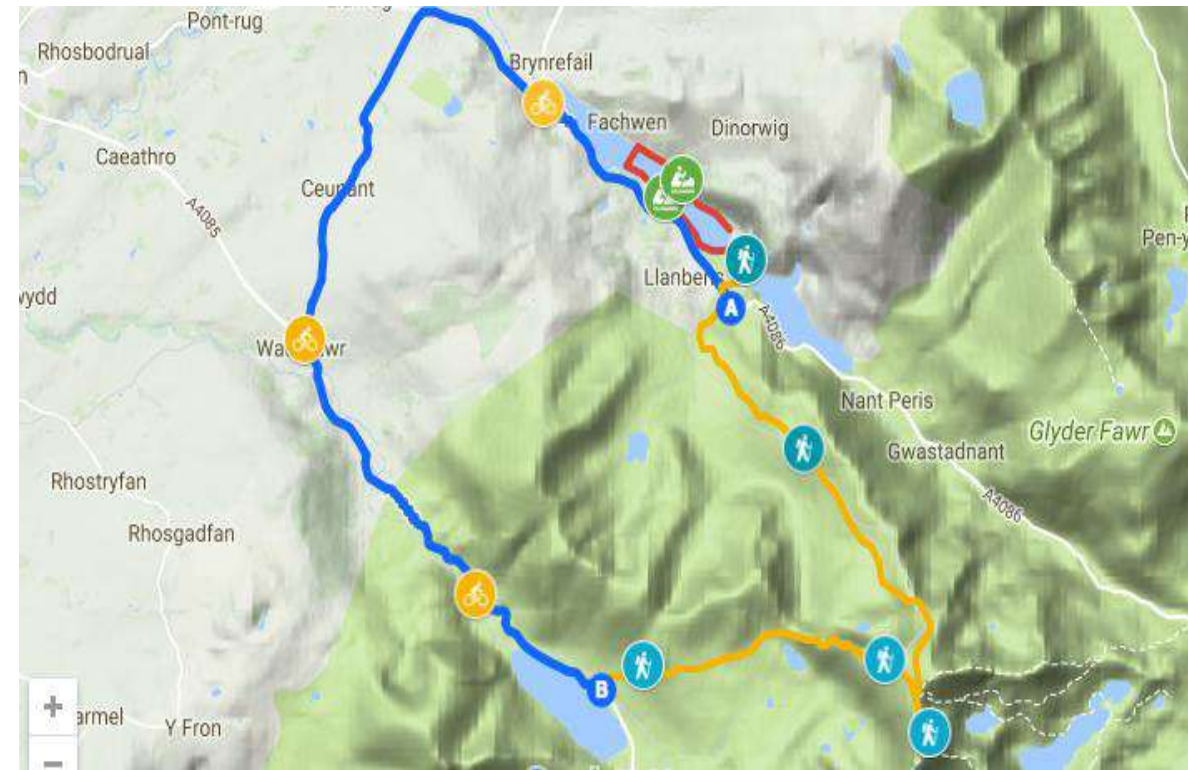
Get ready for an adventure



BIKE: 10.5 miles (220m ascent & 180m descent) on road & cycle paths. Hire bike & helmet included or you are welcome to bring your own bike &/or helmet

HIKE: 9.7 miles (945m ascent & 1060m descent) on mountain trail & rocky paths
Ascent via Snowdon Ranger Path and descent via Llanberis path.

KAYAK: 2.5 miles, dependent on weather conditions. Two-person sit-on-top kayaks with buoyancy aid & paddle hire included.



ITINERARY

2 boots. 1 bike. 1 kayak. 24.5 miles. 1085m of ascent. 1 epic journey

DAY 1

ARRIVE IN SNOWDONIA

Make your own way to the [Royal Victoria Hotel](#), Llanberis and overnight. There is free car-parking on premises.

If you are planning to catch a taxi from Bangor train station to Llanberis, please note the taxi's only take cash payments. We recommend booking your taxi with Snowdonia Taxi's. Tel: 07800 649 548.

Royal Victoria Hotel address:

Llanberis, Gwynedd, Wales LL55 4TY

Briefing:

At **19:00** there will be a trip briefing held outside the hotel reception on the grass area. The briefing will go for approx. 30 minutes and following this you are welcome to make your own dinner arrangements. If you are unable to make the briefing, please let Jim know via 07747 346 588 as we can provide you with a briefing the following morning prior to the start of your adventure.

Dinner is available in the hotel or other options within walking distance from the hotel are listed below. Please note, some of these venues may require you to make a reservation in advance.

- [The Heights Snowdon](#), bar & grill, 74 High Street, Llanberis, LL55 4HB
- [The Peak Restaurant](#), 86 High Street, Llanberis, LL55 4SU
- [Spice of Llanberis](#), Indian restaurant, 32 High Street, Llanberis, LL55 4EU
- [Pete's Eats](#), cheap alternative, 38-40 High St, Llanberis, LL55 4EU

Included

Accommodation: Hotel (twin share basis)
Meals: Not included

DAY 2

ADVENTURE DAY

Bike - approx. 10.5 miles (220m ascent & 180m descent)

Trek - approx. 9.7 miles (945m ascent & 1060m descent)

Kayak - approx. 2.5 miles

- *Please note, the order in which you take part in these activities may vary depending on the group size.*

Following an early breakfast, we'll meet between **8.15am - 8.30am** in the **Coach House carpark** at the Royal Victoria Hotel for your bike allocations and safety briefing. It's then time to put your kit bag in the support van, jump in the saddle to start pedalling a stunning route around Snowdonia National Park. Your journey takes you along the shores of Llyn Padarn, through beautiful Welsh countryside and quaint villages with the peak of Snowdon looming in the distance.

Arriving at the base of the mountain you'll swap your bikes for boots, collect your homemade packed lunch and begin your ascent of the highest peak in Wales, the mighty Snowdon. You'll ascend via one of the more quieter routes, the Snowdon Ranger Trail on the west side of the mountain which carves its way through picturesque farmlands, past beautiful lakes and then follows the ridgeline all the way to the summit. On reaching the peak, there's time for a victory photo and a quick breather before your descent to the northwest via the more gradual Llanberis Path, finishing in Llanberis itself.

The grand finale of the day will see you paddling around Llyn Padarn, completing a large circuit of the lake, to smash through the finish line and celebrate with a glass of bubbles with your fellow teammates. Challenge complete!

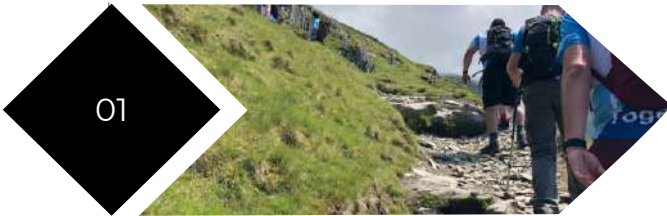
All being well, you should finish around 4.00pm - 5.00pm

Included

Equipment: Bike & helmet, kayak, paddle and buoyancy aid
Meals: Breakfast, homemade packed lunch and snacks

ESSENTIAL INFO

The nuts & bolts of your adventure



01

Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority.

The Snowdon Triple Challenge will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leaders for each activity together with a support crew. We aim to use our local leaders and crew who are based in Snowdonia for this adventure.

Our Leaders are first aid qualified and have extensive experience in leading trips throughout the UK. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders and Crew will carry full safety equipment and mountain first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items. The Leaders and Crew will also be in constant radio communication with the support vehicle and base throughout your adventure.

Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this event to run is 10 people and the maximum is 50 people.



02



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04



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Event grading

The Snowdon Triple Challenge is graded as 'Moderate to Tough' dependent on weather conditions. Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, endurance and some gritty determination will help you conquer each of the activities.

Bike section: the cycling is on roads and cycle paths and can be completed on road, hybrid or mountain bikes. The route is undulating with one hill climb and should take approx. 1 hour to complete.

Trekking section: the route follows established paths which are rocky and uneven. There are no technical climbing sections. Hiking boots are highly recommended given the uneven terrain and mountainous weather conditions. The trek should take approx. 5 – 6 hours to complete.

Kayaking section: previous kayaking experience is not required for this challenge as full instruction and support will be provided. As a safety precaution we recommend that you're able to swim 25m in distance. If you are not a confident swimmer please let us know so we can make the necessary plans. The kayak should take approx. 45 mins – 1 hour to complete.

Training

A bespoke training programme will be provided when you join this trip to help you with your preparations. We strongly recommend doing both cardio and strength training in preparation.

For more info and offers with our training partners, please visit <https://www.adventurousewe.co.uk/training-kit/>

The more you are prepared, the more you will enjoy the challenge.

Our motto is: **Train hard, smile harder and enjoy the journey!**

Kit and discount codes

A full kit list can be found on page 16 of these Trip Notes.

When you join this adventure an exclusive Adventurous Ewe discount code for specialist local independent outdoor retailers will be provided.



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Adventure with purpose

Adventurous Ewe is a **Snowdonia National Park Gold Accredited Ambassador** and **Snowdon Visit Specialist**. We also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

Internationally we support the leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their sustainable conservation projects around the world. This partnership means that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



WHY ADVENTUROUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

Travelife Partner

Travelife Partner Award Adventurous Ewe complies with more than 100 criteria, related to an operator's office management, product range, international business partners and customer information. The Travelife Partner level standard is covering the ISO 26000 Corporate Social Responsibility themes, including environment, biodiversity, human rights, and labour relation. Mr. Naut Kusters, manager of Travelife for Tour Operators, "I am delighted to see that sustainability in the tour operator sector is obtaining momentum. The Partner award of Adventurous Ewe will inspire other companies in Europe to follow the same path". Travelife is the leading international sustainability certification for the travel sector. More than 35 national travel associations are promoting the scheme to their members including, SMAL, APAVT, UHPA, ANVR, ABTA, PATA and more.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at www.futureoftourism.org. #FutureofTourism

Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

- Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;
- Deliver climate action plans within 12 months from becoming a signatory and begin implementing;
- Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.



For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>

ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

COOL EARTH



CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Snowdon Triple Challenge,

What's the number?

It works out on average at **29kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations.

The only thing not included is travel to Snowdonia (Eryri). Given that our beloved guests travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

What does the number mean?

To give some meaning to the numbers:

- Driving 20 miles in the car: 5.6kg CO2e
- The average UK person per day: 41kg CO2e
- A typical Dubai hotel room for the night: 99kg CO2e
- An economy ticket from London to Ibiza: 206kg CO2e
- An economy ticket from London to Vietnam: 1,352kg CO2e
- A business class ticket from London to Vietnam: 3,922kg CO2e
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 - 10 years.

What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wide with [Cool Earth](#).

On a local level here in the UK, we're an ongoing [business member](#) of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.



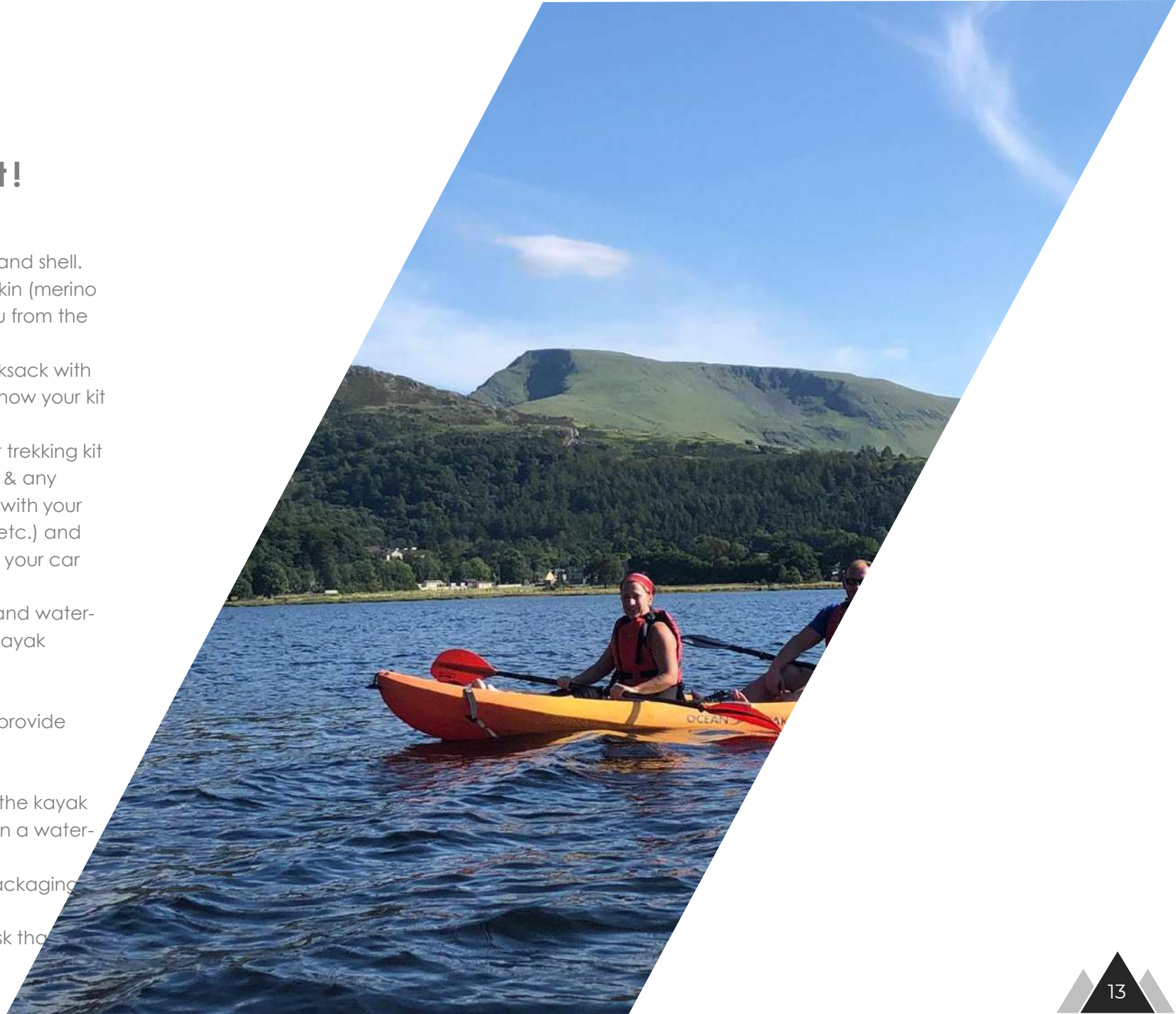
Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. [Here](#) is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of [Tourism Declares a Climate Emergency](#).

TOP TIPS

Bike it! Hike it! Paddle it!

- Dress the part and layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid-layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Train in your trekking kit including the wearing of your rucksack with weight inside and in varying weather conditions so you know your kit is both suitable and comfortable for your trek
- Have three bags – a daypack for the mountain with your trekking kit (waterproofs, warm layers, beanie, gloves, snacks, water & any medication), a small bag to leave in the support vehicle with your cycling & kayaking kit (trainers, spare socks, small towel, etc.) and your main luggage/travel bag can stay at the hotel or in your car
- Bring your own hand sanitiser
- Good sturdy hiking boots which are comfy, well worn-in and water-proof for the trek. Trainers can be worn for the bike and kayak sections
- Look after your feet – blister prevention
- Trekking poles which are retractable are a great way to provide stability and support your knees whilst hiking
- Wear your waterproof trousers on the kayak leg
- We don't recommend taking any valuables with you on the kayak leg but if you wish to take your mobile phone, enclose it in a water-proof pouch and attach it to yourself
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak/platypus and flask that you can refill and avoid plastic bottles
- **Most importantly.....SMILE AND ENJOY THE ADVENTURE!**



INCLUSIONS & EXCLUSIONS

INCLUDED

During your trip:

- Cycle & Mountain Leaders and Kayak Instructors
- Hire bikes and helmets included
- Kayaks, paddles and buoyancy aids
- Kayak briefing, instruction & support on the lake
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance permission to national parks & lake
- Snacks, water and homemade packed lunch supplied by an independent local caterer who uses local produce following strict hygiene procedures
- Luggage and bike transfer from cycling & trekking transition point
- Complimentary celebratory fizz on completion of the challenge
- All trip management and hygienic cleaning procedures of equipment before, during and post adventure.
- One night's accommodation prior to the event (twin share basis) and breakfast

NOT INCLUDED

- Clothing and equipment listed on your Kit List
- Getting to the start and finish of the trip
- Dinner on the night of arrival
- Single room supplement @ £65 per person dependent on availability
- Personal spending money
- Any expenses incurred with leaving the trip early ie. hotel accommodation or change of travel costs.

Currently not included but can be organised at an additional cost

- Additional night/s accommodation
- Any trip extensions

For any questions relating to fundraising, please contact the team at Rethink Mental Illness at Rethink Events
RethinkEvents@rethink.org

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trip and an uncomfortable one. This is a list of recommended kit to take on your adventure for all weather conditions.

BAGS

- Main kit bag (duffle bag)** – with all your items not needed whilst on the trip itself. This can be stored at the hotel or in your car
- Daypack** – 20 – 25 litre for trekking and can be used on the bike section to carry essentials. A rain cover is ideal
- Dry bags** – can be used for all activities and also for additional storage of items between activities
- Bag tags** - clearly mark all your bags with your name

CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- Midlayer or fleece**
- Trekking trousers** - trekking trousers with zip off legs are ideal if it is warm. Avoid cotton. Option for women to wear leggings
- Base layers** (merino wool or wicking fabric) long-sleeved top x 1 and long johns x 1 (weather dependent)
- Wicking t-shirts** for trekking and cycling
- Shorts** (optional) for trekking and cycling
- Cycling gear** – High vis is recommended. You're welcome to wear cycling clothing if you wish however your trekking clothing & trainers will be fine. You'll have the opportunity to change after completing the cycling leg
- Buff** – used for sun protection and warmth
- Beanie** - for warmth on the mountain
- Gloves** – thermal for the mountain. Cycling gloves are optional
- Underwear** – we recommend wicking or merino wool
- Casual clothes** for evenings and travel

FOOTWEAR

- Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- Trainers** – for cycling and kayaking
- Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks especially if the forecast is for poor weather conditions. Wicking socks for wearing with trainers for bike & kayak. Please ensure you trial your sock-wear prior to your trip to ensure your sock choice is suitable for your feet.
- Flip-flops** or similar – (optional).

EQUIPMENT

- Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelbak system. You can purchase an [Adventurous Ewe Water-to-Go filtration bottle](#)
- Thermos** – (optional) if you wish to take a hot drink on the trek
- Cycling helmet** – essential (bring your own or hire ones are available)
- Bike light** – red light for the rear of your bike if you wish for additional safety
- Head torch & spare batteries** - essential to carry at all times during the trek
- Sunglasses** – these are essential. They must have strong UVA/UVB protection
- Trekking pole(s)** - optional. Please train with these prior to your trek

TRAVEL ADMIN

- Travel tickets ie. train tickets**
- Debit/credit cards**
- Cash for carparking machines in Llanberis**

ADDITIONAL ITEMS

- Hand sanitiser** (essential)
- Favourite snacks**, both sweet and savoury
- Electrolytes**
- Sunscreen and lip block** – SPF50 as a minimum
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags (for the trek)
- Light-weight micro-fibre towel** – for kayaking
- Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

NICE TO HAVE

- Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- Ear plugs** for the hotel
- Reading material / card games** for the evenings
- Spare dry bag** for dirty or wet clothing
- Multitool/Swiss army knife**
- Portable charger**
- Travel padlock**
- Mobile phone water-proof pouch**
- Trekking sandals or cros for the kayak** - shoes are essential for the kayaking leg given the rocky/slate surface when getting on & off the kayaks

Please check the [MWIS weather forecast](#) for Snowdonia National Park **two days** prior to your event in order to pack and prepare for the conditions.

CONTACT US

For any further info or any questions,
please feel free to contact us at:



01492 588 069



jim@adventurousewe.co.uk
susan@adventurousewe.co.uk



Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





Adventurous
ewe

We look forward to welcoming you to our stunning homeland of North Wales for this fantastic 1-day adventure in the heart of Snowdonia National Park.

