

## Alzheimer's Society Snowdon Day



Duration: 1 days

The highest mountain in England and Wales at 1085m, its Welsh name is Yr Wyddfa, reputedly the burial place of a mythical giant. A popular summit trek, it forms a real challenge for all! Standing at the summit will be an unforgettable experience, as will seeing the magnificent views from the mountain slopes if we're lucky enough with the weather. We celebrate our huge achievement with obligatory photos at the top and then as we descend, we continue to see the spectacular landscapes unfold before our eyes.

## DETAILED ITINERARY

### Day 1: Trek Overview

In the morning we meet in Llanberis; the popular village at the foot of Snowdon, and get ready for our trek. We'll have a full briefing ahead of setting off on our exciting challenge! We follow a picturesque route through the Telegraph Valley, which then merges onto the Rangers Path. It's one of the most gradual routes up Snowdon with some spectacular scenery to surround us and forms a challenging, yet accessible trek. There is an initial steep section which will afford some good views in good weather; after this our route continues quite gradually. The gradient becomes steeper before we meet the Rangers Path, but once we're fully on the Rangers Path we know we're headed for the summit! After some time to experience the summit and reflect upon our achievement – though it will probably be quite windy at the top, so you may not want to linger too long – we leave the summit and return to Llanberis using the Llanberis Path – a lengthier but more gradual descent which roughly shadows the famous Snowdon Mountain Railway and provides some incredible photo opportunities! The descent will be much quicker and less arduous, but still tiring and can be hard on the knees. We return to Llanberis and after

celebrating with our fellow trekkers, we head home, tired but very elated and proud of our achievement! **Ascent approx 5-7 hours; descent approx 2-3 hours**

## WHAT'S INCLUDED

- Coach transfer from Bangor railway station
- Tea and coffee upon arrival plus diner at the end
- Discover Adventure leaders and medics
- Marked route
- Over-views maps

## WHAT'S EXCLUDED

- Parking
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)
- Lunch

## GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem

necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

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## PREPARING FOR THE CHALLENGE

### Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 20 Apr 2024, and the challenge is subject to change.