



# SNOWDON BY NIGHT

UK • TREK • **YELLOW 2**

## ABOUT THE CHALLENGE

Snowdonia National Park in North Wales is synonymous with beautiful, rugged landscapes and wonderful trekking and outdoor pursuits. The highest mountain in England and Wales at 1085m, Snowdon's Welsh name is Yr Wyddfa, reputedly the burial place of a mythical giant. A popular summit trek by day-time, it forms a real challenge by night.

Standing at the summit by moonlight will be an unforgettable experience, as will seeing the sunrise from the mountain slopes as we descend. Witnessing the spectacular landscapes opening up before us as the day grows lighter is a magical and unforgettable experience.

Our base for this challenge is a friendly hotel, which makes for a comfortable, sociable start to our challenge as we tuck into fantastic food and get to know each other. At the end, we gather back together in the warm and celebrate our overnight achievement with a slap-up breakfast!

## SNOWDON BY NIGHT FOR ALZHEIMER'S SOCIETY • 2 DAYS

### Day 1: Arrive Llanberis

We'll meet in the evening in Llanberis, the popular village at the foot of Snowdon, and get ready for our trek. We'll have a late energy-fuelling dinner and a full briefing, switch on our head-torches, and set off on our exciting night challenge!

We follow the Llanberis Path, which roughly shadows the route of the famous Snowdon Mountain Railway. It's the most gradual route up Snowdon with good conditions underfoot, and therefore best suited to our ascent in the dark! There is an initial steep section; after this our route continues quite gradually. The path shows up quite easily most of the time under the torchlight. Trekking up at night is a very different experience than during the day; our senses grow used to the darkness and we can enjoy the silence and the remoteness, and the views of the night sky arcing above us.

After the Halfway House the gradient becomes steeper in places, but we know we're not far off the summit! We pass through a narrow railway bridge, and it's not long before we get to a standing stone, marking where other trails meet ours. A little further on we come to the summit at 1085m. We have gained approx 900m in height since we set off – quite an achievement!

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### Day 2: Descend and depart

After some time to experience the summit – though it will probably be quite cold at the top, so you may not want to linger too long! – we leave the summit and return to Llanberis the same way. The sky will start to lighten on our way down, and we may be able to enjoy the wonderful views over the Menai Strait towards Anglesey while we are still high enough to enjoy them. As the sun rises and lights up our surroundings, we'll be amazed by what we climbed in the dark! The descent will be much quicker and less arduous, but still tiring and can be hard on the knees. We return to our hotel for a big celebration breakfast! After saying our farewells to our fellow trekkers, we head home, tired but very elated!

**Ascent approx. 5-7 hours; descent approx. 2-3 hours**

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## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### Food & Dietary Requirements

The food provided is plentiful and will give you plenty of energy. Where lunch is included, it may be a buffet-style lunch-stop, or a packed lunch. Dinners and breakfasts are generally eaten in camp or at our hotel, depending on the trip. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

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#### Leaders & Trip Support

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Your trip will be led by experienced Discover Adventure leaders and support crew. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. You are in very safe hands with a Discover Adventure leader. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary, as well as vehicle support.

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## 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

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, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

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### Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. Training is all part of the preparation: inadequate training will impact on your enjoyment of the trip, and your chances of completing it. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

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## TREK TRAINING WEEKEND

**£170 Special Offer - Only when you book at the same time as registering for your main challenge**

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

## 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](#)



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 10 Dec 2019, and the challenge is subject to change.