

Snowdonia Weekend



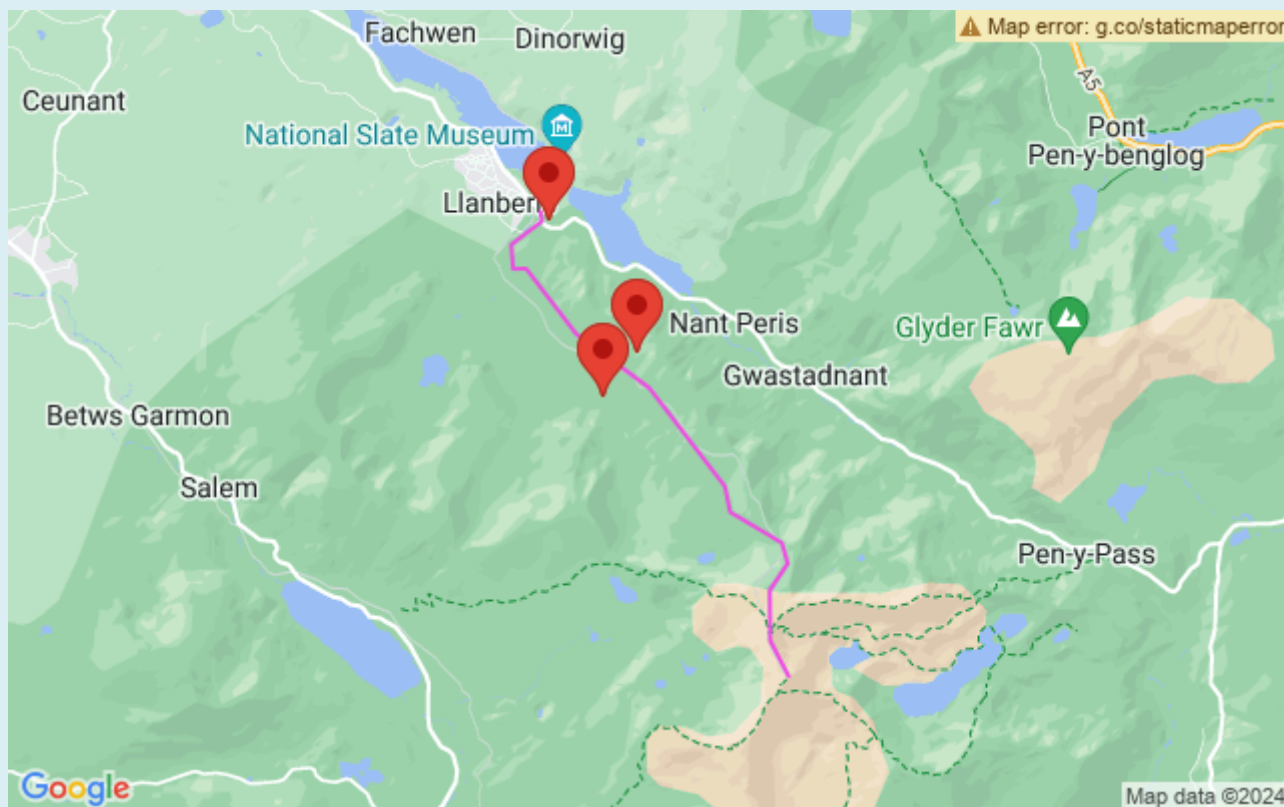
Duration: 3 days

Snowdonia National Park in North Wales is synonymous with beautiful, rugged landscapes and wonderful but demanding trekking.

Most famous for Mt Snowdon, the highest mountain in England and Wales at 1085m, our challenging weekend trek takes us not only to Snowdon's peak, but traverses other mountains and valleys in the National Park – providing a relevant, rewarding experience on a range of terrain and gradients.

In tough weather conditions it may not be possible to summit Snowdon. If this is the case, our experienced leaders will ensure a route of equivalent challenge; we are spoilt for choice where challenging trekking routes are concerned!

DETAILED ITINERARY



Day 1: Arrive

We meet at our accommodation in the early evening for dinner and a briefing and to get to know the rest of the group. Then it's time for a good night's sleep in preparation for the rest of the weekend. Night hostel.

[Dinner included]

Day 2: Snowdon Ascent

After Breakfast we gather our trekking gear together and prepare to set off. Gentle warm-up on flattish paths before the long ascent (approx 2 hours) to the top. Time to enjoy the views before heading down. *Night hostel; Breakfast, Packed Lunch & Dinner included*

Trek approx 4-6 hours (6 miles)

Day 3: Glyders Trek

Our day will be geared around group ability, with the aim to trek in the Ogwen Valley and in part of the Glyder group of mountains, with some wonderful views and taxing gradients to boost our experience and confidence. *[Breakfast & Packed Lunch included]*

Trek approx 5-7 hours

WHAT'S INCLUDED

- 2 nights hostel accommodation on a roomshare basis
- Experienced Discover Adventure leaders and back-up support on the mountain
- All meals from dinner on the Friday to lunch on the Sunday

WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal spending money and drinks
- Transport to / from event and parking fees
- Entry to any optional sites or activities
- Any applicable surcharges as per Terms and Condition

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

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.

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.

Accommodation

We stay in a comfortable hostel with great facilities in a wonderful location at the foot of Mount Snowdon; rooms are dorm-style.

Roomshare Arrangements

Accommodation is usually on a twin-share basis. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

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 at our accommodation. 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.

Luggage

Your main luggage will remain at our accommodation (camp, hostel or hotel as appropriate) and you will not have access to it until the end of each day. You should carry a small daypack for items needed during the day.

PREPARING FOR THE CHALLENGE

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. 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. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. 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.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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.

Travel Insurance

Travel insurance for UK weekends and one-day events is not compulsory but you might like to consider taking out cover in case of cancellation or loss of belongings.

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



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 26 Apr 2024, and the challenge is subject to change.