



WINTER CLIMB SNOWDON

Mountain walking in winter can offer the most rewarding of days; a sense of achievement in potentially more challenging conditions and being able to cope with the constantly changing environmental conditions that snowfall will bring to even the most familiar of locations. RAW Adventures can provide support and guidance to anyone wanting to extend their current summer walking experience to ascend Snowdon* in winter conditions. New skills and knowledge will be discussed and introduced before and during a journey into the winter environment, taking into consideration the following

- Winter clothing and equipment
- Winter weather forecasts and planning
- Snow and ground conditions
- Movement skills and feeling secure
- Decision making in the winter environment

*Subject to weather and conditions - alternative venues may be suggested in adverse weather conditions (which can be more regular than in summer!)

YOUR ITINERARY

We recommend you travel to Snowdonia the day before to settle in for a good night's sleep before your winter day out. Please see our website for accommodation suggestions. Daylight hours are limited in winter, so we'll plan to make an early start on your Climb Snowdon day. We will arrange a meeting time and location that's applicable to where you're staying and what route plan we intend to use on the day. This will be discussed with you, by email, prior to the day itself. The timings of your day will follow this general pattern with any major difference being communicated to you

- 0800 Time to meet your Mountain Leader for a pre-walk briefing, kit check and introduction to the day. This will include a check of the weather and conditions for the day, to help with making the final route plan.
- 0930 Latest you can expect to be starting walking (earlier if possible, to make the most of available daylight hours)
- 1300 Snowdon summit reached*
- 1315 Departure from the summit area - we won't spend too long at summit height in winter due to the cold temperatures
- 1615 Latest you can expect to be down from the mountain (which can be getting dark in mid-winter)

*Alternative plans will be discussed if weather conditions dictate

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RAW Adventures - Mountain Activities Ltd

Registered in England No. 07170551



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TRANSPORT

You are making your own way to Snowdonia and we can advise you how best to make your journey from your starting point. Parking options will depend on where we start our walk from and costs and range from £4/day to £10/day. Bus services are available, although limited in frequency. We also use the services of local taxis in and around Llanberis who can take groups to Pen y Pass for apx £3 per person (depending on party size).

ACCOMMODATION

Please contact us for advice on accommodation in the area. You can check our website for suggestions, also.

Accommodation is not included in the cost of this event but we do recommend at least one stay overnight, before the walk ideally.

Please make sure your accommodation can serve you breakfast early enough to enable meeting your Leader at 0800. Once we know where you're staying, we can aim to meet you at your accommodation for your pre-walk briefing. These final details can be confirmed, via email, prior to your event date.



FOOD

Breakfasts should be provided by you or your accommodation (please check). You need to carry at least 1 litre of water and 1 litre of hot fluid (hot squash in a thermos flask is very good). Carry water in a 'Nalgene' type water bottle to avoid it freezing up! Bring your own lunches and please pack extra personal/group snacks each day. Please contact us if you need further advice on nutrition for winter. You will need easy to eat, wholesome and healthy food and we will be eating little and often rather than stopping for 'picnic lunches'. Pack snacks etc in pockets where you can access them easily without taking your rucksack off.



WEATHER AND SAFETY

At any time of year rain is a distinct possibility, and it will be very cold compared to summer days out. So pack spare layers and be ready for anything! In winter, we will (hopefully!) encounter snow on the ground and falling also. We will adjust our walking plans to take any adverse weather conditions into account. Mountain walking in winter can be a potentially hazardous activity. Certain minor injuries are commonly associated with this activity and are sometimes unavoidable—blisters, twisted ankles and minor grazes etc.

Please ensure you have all the required equipment as specified in the kit list, this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your Leader/s are experienced and Qualified Mountain Leaders, and will carry all necessary team safety equipment. They will also be qualified in Emergency First Aid.

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WINTER KIT LIST

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

- Rucksack - at least 40 litres
- Rucksack liner or bags - to keep rain/snow out
- Thick walking socks (and liner socks if worn)
- Long sleeve synthetic/wool base layer (not cotton)
- Warm/lined walking trousers
- Fleece or softshell jacket
- Spare fleece/thermal jacket in rucksack
- Waterproof jacket with large hood - essential
- Waterproof trousers - essential
- Goggles (to protect eyes in windy weather)
- Warm hat - essential
- Fleece liner gloves
- Warm winter gloves - essential
- 'Buff' neck gaiter
- Headtorch and spare batteries
- Trekking poles - highly recommended
- Thermos flask for hot drink
- Reusable water bottle
- Packed lunch/handy snacks in pockets
- Personal First Aid Kit - painkillers, plasters, blister items
- Suncream/sunglasses (if sunny!)
- Camera
- Waterproof case/bag for mobile phone
- Sturdy 4 season walking boots (B1 or B2 rated at least)

As well as the kit list opposite you will need the following for when there is snow and ice forecast:

Helmet (we can supply this)
Ice Axe (we may be able to supply - please ask)
Crampons (we may be able to supply - please ask)

HEALTH AND FITNESS

To enjoy your winter journey you need to be in good physical condition – able to withstand sustained activity over a number of hours, including steep ascents and descents. We will potentially cover high-level terrain which is rocky and uneven underfoot. A sense of humour to cope with any adverse weather conditions is also quite beneficial! You will already be a confident and experienced summer hillwalker ideally.



COSTS

BACS Transfers are preferable and our bank details will be sent to you on our invoice - which is payable before your event date. Please see our Terms and Conditions for more payment details. RAW Adventures Mountain Activities Ltd is a VAT registered company (VAT Number GB 2134194 39) and our costs shown are inclusive of VAT.

1 - 4 people

£210 for the group (split between group members)

5 + people

£42 per person

MAKE YOUR BOOKING

Please visit our online Booking Form to confirm your booking. Every participant will have to complete this form, with personal and medical details. Please let us know of any past or current medical conditions - we can only help advise if we know about facts in advance. It's better to ask now - than withhold important medical information.

Participation will be denied without receipt of a completed Booking Form.

www.raw-adventures.co.uk/bookings/make-a-booking/



Please see our website for more details on how you can donate £1 to Snowdonia Giving - to help conserve Snowdon

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